



DANCE CURRICULUM
CLASS- V
Session-2025-26

	April	May	June
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Gaddi dance (Folk of chamba) 	<ul style="list-style-type: none"> • Warm-up • Stretching • Freestyle dance 	<ul style="list-style-type: none"> • Warm-up • Stretching • Hip hop dance
Learning Outcomes	<p>Students will be able to</p> <ul style="list-style-type: none"> • Students will be able to developing skills in rhythmic movements, graceful footwork, and expressive hand gestures. 	<p>Students will be able to</p> <ul style="list-style-type: none"> • Developing their own style and movement vocabulary and enhancing spontaneity and adaptability in dance. 	<p>Students will be able to</p> <ul style="list-style-type: none"> • Refining movement precision through popping, locking, and waves.
Skills	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing, concentration, teamwork	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing, concentration, teamwork	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing, concentration, teamwork
Methodology	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class
Integration		<ul style="list-style-type: none"> • Integrate with science chapter (The skeletal system, muscular system and the nervous system) 	
Assessments	<ul style="list-style-type: none"> • Live individual and group performance • Class etiquettes and ethics 	<ul style="list-style-type: none"> • Warm-up • Stretching • Education theme based dance 	<ul style="list-style-type: none"> • Live individual and group performance • Class etiquettes and ethics
	July	August	September
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Janmashtami theme dance 	<ul style="list-style-type: none"> • Warm-up • Stretching • Ganesh vandna 	<ul style="list-style-type: none"> • Warm-up • Stretching • Basic of popping dance
Learning Outcomes	<p>Students will be able to</p> <ul style="list-style-type: none"> • Mastering hand gestures (mudras) and fluid motions symbolizing Krishna's divine acts. • • 	<p>Students will be able to</p> <ul style="list-style-type: none"> • Learn Ganesh vandna steps and perform with Rhythm 	<p>Students will be able to</p> <ul style="list-style-type: none"> • Develop their dance skills through popping dance and perform with rhythm
Skills	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing, concentration, teamwork	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing, concentration, teamwork	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing, concentration, teamwork
Methodology	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class

Assessments	<ul style="list-style-type: none"> Live individual and group performance Class etiquettes and ethics 	<ul style="list-style-type: none"> Live individual and group performance Class etiquettes and ethics 	<ul style="list-style-type: none"> Live individual and group performance Class etiquettes and ethics

	October	November	December	Jan/Feb
Contents	<ul style="list-style-type: none"> Warm-up Stretching Patriotic dance 	<ul style="list-style-type: none"> Warm-up and Stretching Retro dance 	<ul style="list-style-type: none"> Warm-up Stretching Advance steps of bhangra 	<ul style="list-style-type: none"> Warm-up and stretching and Revision for all topics
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> Conveying themes of pride, honor, and devotion through movement and gestures. 	Students will be able to <ul style="list-style-type: none"> Students will explore retro-style dance by learning steps and moving with the music's rhythm. 	Students will be able to Mastering detailed footwork, arm movements, and posture for sharp execution.	Students will be able to <ul style="list-style-type: none"> learn all topics
Skills	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing, concentration, teamwork	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing, concentration, teamwork	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing, concentration, teamwork	Gross motor skills, posture and body control, stamina and fitness, memory and recall, rhythm and timing, concentration, teamwork
Methodology	<ul style="list-style-type: none"> Teacher will give the students live demonstration Smart Class 	<ul style="list-style-type: none"> Teacher will give the students live demonstration Smart Class 	<ul style="list-style-type: none"> Teacher will give the students live demonstration Smart Class 	<ul style="list-style-type: none"> Teacher will give them live demonstration Smart class
Integration	<ul style="list-style-type: none"> Integrate with history chapter (First war of independence) 			
Assessments	<ul style="list-style-type: none"> Live individual and group performance Class etiquettes and ethics 	<ul style="list-style-type: none"> Live individual and group performance Class etiquettes and ethics 	<ul style="list-style-type: none"> Live individual and group performance Class etiquettes and ethics 	<ul style="list-style-type: none"> Live individual and Group performance Class etiquettes and ethics