



**DANCE CURRICULUM
CLASS- VII
Session-2025-26**

	April	May	June
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Footwork (Classical dance) 	<ul style="list-style-type: none"> • Warm-up • Stretching • Guru Vandna 	<ul style="list-style-type: none"> • Warm-up • Stretching • Madhubani dance
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> • Developing familiarity with the 16-beat cycle, including its divisions and rhythmic accents. 	Students will be able to <ul style="list-style-type: none"> • Honoring and showing gratitude to your Guru through graceful movements. 	Students will be able to <ul style="list-style-type: none"> • Incorporating intricate hand gestures (mudras) that reflect traditional motifs like fish, peacocks, and floral designs.
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 hindi chapter (indian art form)
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
	July	August	September
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Sargam (Classical) 	<ul style="list-style-type: none"> • Warm-up • Stretching • Patriotic theme dance 	<ul style="list-style-type: none"> • Warm-up • Stretching • Free legs footwork Dance
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> • Developing familiarity with the 16-beat cycle, including its divisions and rhythmic accents. 	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"> • Explore Free legs footwork Dance And its 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
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	October	November	December	Jan/Feb
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Hip hop (b-boying) 	<ul style="list-style-type: none"> • Warm-up • Stretching • Folk dance of HP 	<ul style="list-style-type: none"> • Warm-up and stretching and folk of south Africa 	<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"> • Developing endurance for dynamic moves like windmills, head spins, flares, and freezes. 	Students will be able to <ul style="list-style-type: none"> • Students will be able to developing skills in rhythmic movements, graceful footwork, and expressive hand gestures. 	Students will be able to <ul style="list-style-type: none"> • Grasp the rich heritage behind South African folk dances, such as Zulu, Gumboot, Pantsula, and Xhosa dance. 	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 them 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 (history society and economy of south Africa) 	
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