

DANCE CURRICULUM
CLASS- V
Session-2026-27

	April	May	June
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Labour Day Dance Performance 	<ul style="list-style-type: none"> • Warm-up • Stretching • Environment day theme dance 	<ul style="list-style-type: none"> • Warm-up • Stretching • Gat Nikas (3 types) Matki Gat Ghunghat Gat Murli Gat
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Perform labour day dance steps and its rhythm 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Environment day theme dance steps and its Rhythm 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Gat Nikas (3 types) Matki Gat , Ghunghat Gat , Murli Gat and its rhythm
Skills	Rhythm, Control ,Coordination, Balance and Posture	Rhythm, Flexibility , Posture, Balance and Facial Expression(Intellectual skills)	Physical Fitness, Stamina , Perseverance, Rhythm , Coordination and Culture based ability(Intellectual Skill)
Methodology	<ul style="list-style-type: none"> • Discuss the importance of Labour Day and workers' contributions. • Show how dance can narrate stories of unity and respect. 	<ul style="list-style-type: none"> • Discuss the importance of Environment day. • Show how dance can narrate stories of unity and respect 	<ul style="list-style-type: none"> • Students learn by performing footwork patterns with live rhythm • Teacher guides the beats and syllables (bols) while encouraging self-practice
Assessments	<ul style="list-style-type: none"> • Creativity & Innovation • Expression & Emotion 	<ul style="list-style-type: none"> • Creativity & Innovation • Expression & Emotion 	<ul style="list-style-type: none"> • Footwork & Coordination, Body Control & Grace.
Cross Cutting Theme	<ul style="list-style-type: none"> • Teamwork & Unity – highlighting solidarity among workers , dignity of work and contribution vitality and strength symbolized in movement, 	<ul style="list-style-type: none"> • celebrating forests, rivers, and natural balance , showing care for the planet through movement , emphasizing that environmental protection is a shared duty 	<ul style="list-style-type: none"> • Supports physical coordination, creativity, and inclusive participation.
Integration		<ul style="list-style-type: none"> • Integrated with SST chapter Conservation and waste management 	
	July	August	September
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Basic knowledge of Jhaptal 	<ul style="list-style-type: none"> • Warm-up • Stretching • Combining Classical +Hastak 	<ul style="list-style-type: none"> • Warm-up • Stretching • Popping basics (hit and wave)

Learning Outcomes	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance Learn Basic knowledge of Jhaptal dance steps and its rhythm 	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance Learn Combining Classical +Hastak and its Rhythm 	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance Develop their dance skills through popping basics (hit and wave)
Skills	Alignment, Control, Rhythm, Coordination , Posture and Facial Expression(Intellectual skills)	Coordination, Rhythm , Flexibility, Alignment, Body Balancing and Facial Expression(Intellectual skills)	Motivation and discipline
Methodology	<ul style="list-style-type: none"> Students learn by performing footwork patterns with live rhythm Teacher guides the beats and syllables (bols) while encouraging self-practice 	<ul style="list-style-type: none"> Students learn by performing footwork patterns with live rhythm Teacher guides the beats and syllables (bols) while encouraging self-practice 	<ul style="list-style-type: none"> Stretching, strength drills (push-ups, core exercises). Introduce simple spins (backspin, windmill basics).
Assessments	<ul style="list-style-type: none"> Footwork & Coordination, Body Control & Grace. 	<ul style="list-style-type: none"> Footwork & Coordination, Body Control & Grace. 	<ul style="list-style-type: none"> Accuracy, control, execution
Cross Cutting Theme	<ul style="list-style-type: none"> Mathematical intelligence, concentration, and creativity, teamwork, inclusivity and cultural sensitivity. 	<ul style="list-style-type: none"> Hastaks enhance imagination and emotional sensitivity. 	<ul style="list-style-type: none"> Physical Well-being & Coordination Discipline & Focus Creativity in Movement
Integration		<ul style="list-style-type: none"> Integrate with Math Chapter(Angle) 	

	October	November	December	Jan/Feb
Contents	<ul style="list-style-type: none"> Warm-up Stretching Free Style Dance 	<ul style="list-style-type: none"> Warm-up and Stretching Practicing Padhant 	<ul style="list-style-type: none"> Warm-up Stretching Freeze Dance Practice 	<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"> Understand the basic knowledge of dance Develop their dance skills through Free Style Dance 	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance learn Practicing Padhant dance steps and its Rhythm 	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance Learn advance steps of Freeze Dance Practice and its Rhythm 	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance Students will be able to learn all topics

Skills	<p>Ensure dancers Longevity, Rhythm and Flexibility, Better coordination(Intellelucal skills)</p>	<p>Alignment, Control, Rhythm , Posture, Body Balancing and Facial Expression(Intellectual skills)</p>	<p>Balance, Control, Refine Movement Quality, Rhythm and Flexibility</p>	<ul style="list-style-type: none"> • Rhythm, Flexibility coordination, and body balancing
Methodology	<ul style="list-style-type: none"> • Exploration of Movement • Improvisation Practice 	<ul style="list-style-type: none"> • Students learn by performing footwork patterns with live rhythm • Teacher guides the beats and syllables (bols) while encouraging self-practice 	<ul style="list-style-type: none"> • Exploration of Movement • Improvisation Practice 	<ul style="list-style-type: none"> • Teacher shows basic movements/recita tion.
Assessments	<ul style="list-style-type: none"> • Physical Well- being & Coordination 	<ul style="list-style-type: none"> • Footwork & Coordination, Body Control & Grace. 	<ul style="list-style-type: none"> • Physical Well- being & Coordination 	<ul style="list-style-type: none"> • Memory & Recall
Cross Cutting Theme	<ul style="list-style-type: none"> • Improves fitness, coordination, and body awareness. 	<ul style="list-style-type: none"> • Encourages improvisation of rhythmic patterns and personal exspression. 	<ul style="list-style-type: none"> • Enhances precision, discipline, and innovation. 	<ul style="list-style-type: none"> • Remembers and performs all topics with rhythm, confidence, and teamwork.