

**DANCE CURRICULUM
 CLASS- VI
 Session-2026-27**

	April	May	June
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Free Style Dance 	<ul style="list-style-type: none"> • Warm-up • Stretching • Tatkaar with Tihai 	<ul style="list-style-type: none"> • Warm-up • Stretching • Animal Movements Through Dance
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Perform Dance on Free Style Dance and its Rhythm 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Tatkaar with Tihai Dance Performance steps and its Rhythm 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Animal Movements Through Dance steps and its Rhythm
Skills	Build Strength , Flexibility, Physical Fitness , Coordination, Increase memorization Ability (Intellectual skills) Facial Expression(Intellectual skills)	Rhythm, Flexibility ,Control, Alignment , Posture, Facial Expression(Intellectual skills)	Refine movement quality, Rhythm and Strength
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"> • Encourage students to create short sequences inspired by animals. • Link movements to emotions (e.g., lion = strength, peacock = beauty).
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 Coordination • Cultural & Environmental Awareness
Cross Cutting Theme	<ul style="list-style-type: none"> • Learners invent their own moves, encouraging imagination and originality. 	<ul style="list-style-type: none"> • Cultural Awareness, Creativity & Expression, Collaboration & Teamwork 	<ul style="list-style-type: none"> • Physical Well-being & Coordination • Cultural Awareness & Diversity
Integration		<ul style="list-style-type: none"> • Integrate with math chapter Playing with number 	<ul style="list-style-type: none"> • Integrate with chapter Animal
	July	August	September
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Ghunghat Gatt 	<ul style="list-style-type: none"> • Warm-up • Stretching • Introduction of Jhaptal (10 Matra) 	<ul style="list-style-type: none"> • Warm-up • Stretching • Locking and popping basics
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Ghunghat Gat steps and its Rhythm 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Introduction of Jhaptal (10 Matra) dance and its Rhythm 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Locking and popping basics steps
Skills	Rhythm , Posture, Facial Expression(Intellectual skills)	Coordination, Rhythm , Flexibility and Facial Expression(Intellectual skills)	Improve your Dancing Skill, Rhythm , Group Coordination and Culture based ability(Intellectual Skill)

Methodology	<ul style="list-style-type: none"> Explain cultural context of Ghunghat in Indian traditions. Expression Exercises 	<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"> Use funk, hip-hop, or rhythmic beats. Encourage students to sync movements with rhythm.
Assessments	<ul style="list-style-type: none"> Expression & Emotion Values & Sensitivity 	<ul style="list-style-type: none"> Footwork & Coordination, Body Control & Grace. 	<ul style="list-style-type: none"> Accuracy of locks, hits, and waves
Cross Cutting Theme	<ul style="list-style-type: none"> Emotional Development Inclusivity & Participation 	<ul style="list-style-type: none"> Cultural Awareness, Creativity & Expression, Collaboration & Teamwork 	<ul style="list-style-type: none"> Enhances stamina, muscle control, and rhythm awareness.

	October	November	December	Jan/Feb
Contents	<ul style="list-style-type: none"> Warm-up Stretching Diwali theme dance 	<ul style="list-style-type: none"> Warm-up Stretching Tatkaar moving in circle 	<ul style="list-style-type: none"> Warm-up and stretching and Prop Dance(Dandiya dance) 	<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 Learn Diwali theme dance steps and its Rhythm 	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance Learn Tatkaar moving in circle in Rhythm 	Students will be able to <ul style="list-style-type: none"> understand the basic knowledge of dance Students will be able to perform Dandiya dance 	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	Rhythm, Build Strength, Flexibility, and Refine Movement quality.	Rhythm , body balancing , Posture and Control	• Rhythm, Flexibility coordination, and body balancing	• Rhythm, Flexibility coordination, and body balancing
Methodology	<ul style="list-style-type: none"> Discuss the cultural and moral significance of Diwali. Show how dance can narrate the story of light, joy, and togetherness. 	<ul style="list-style-type: none"> Practice Tatkaar while moving clockwise/anticlockwise. Discuss how circle practice felt different from linear practice. 	<ul style="list-style-type: none"> Explain the cultural significance of Dandiya during Navratri. Show basic stick-holding techniques and safety rules. 	<ul style="list-style-type: none"> Teacher shows basic movements/recitation.
Assessments	<ul style="list-style-type: none"> Use of festive motifs and originality. Understanding of Diwali traditions 	<ul style="list-style-type: none"> Understanding of Kathak tradition Creativity & Expression 	<ul style="list-style-type: none"> Variations in steps and formations Rhythmic Accuracy 	<ul style="list-style-type: none"> Memory & Recall
Cross Cutting Theme	<ul style="list-style-type: none"> Cultural Awareness & Heritage Creativity & Innovation 	<ul style="list-style-type: none"> Circle formation adds variety and spatial imagination. Performing in circle builds stage presence and collective energy. 	<ul style="list-style-type: none"> Connects learners to Gujarati folk traditions and festive celebrations. Circle formations ensure equal involvement of all learners. 	<ul style="list-style-type: none"> Remembers and performs all topics with rhythm, confidence, and teamwork.