



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

	April	May	June
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Tatkaar – Dugun, Chaugun, with Tihai 	<ul style="list-style-type: none"> • Warm-up • Stretching • Freestyle dance (Bollywood dance) 	<ul style="list-style-type: none"> • Warm-up • Stretching • Folk dance of HP (Kullvi Naati)
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Tatkaar – Dugun, Chaugun, with Tihai)steps and its Rhythm 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Freestyle dance (Bollywood dance) 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Folk dance of HP (Kullvi Naati) dance steps and its Rhythm
Skills	Physical Fitness, Rhythm and Flexibility	Rhythm , Build Strength and Flexibility	Coordination, Balance, Stamina, Perseverance, Rhythm and Flexibility
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"> • Exploration of Movement • Improvisation Practice 	<ul style="list-style-type: none"> • Arrange students in circle or semi-circle. • Practice synchronized steps with live or recorded folk music.
Assessments	<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"> • Precision of steps with music • Group harmony in circle
Cross Cutting Theme	<ul style="list-style-type: none"> • Cultural Awareness, Creativity & Expression, Collaboration & Teamwork 	<ul style="list-style-type: none"> • Learners invent their own moves, encouraging imagination and originality. 	<ul style="list-style-type: none"> • Cultural Heritage – Preserves Himachali traditions and identity, Group performance builds unity and teamwork, Promotes respect, harmony, and gratitude
	July	August	September
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Ektal (12 Matra) basic 	<ul style="list-style-type: none"> • Warm-up • Stretching • Patriotic theme dance 	<ul style="list-style-type: none"> • Warm-up • Stretching • Taal writing Teentaal (with bols)
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Ektal (12 Matra) basic dance steps and its Rhythm 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Patriotic theme dance steps and its rhythm 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Taal writing Teentaal (with bols) Dance And its Rhythm
Skills	Rhythm, Taal ,Posture and Improve Your writing Skill	Rhythm , Build Strength and Flexibility	Rhythm, Coordination , Build Strength and Flexibility

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"> Discuss the meaning of patriotism and national values. Show how dance can narrate stories of unity, freedom, and pride. 	<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"> Footwork & Coordination, Body Control & Grace. 	<ul style="list-style-type: none"> Creativity & Innovation Comfort in performing 	<ul style="list-style-type: none"> Footwork & Coordination, Body Control & Grace.
Cross Cutting Theme	<ul style="list-style-type: none"> Cultural Awareness, Creativity & Expression, Collaboration & Teamwork 	<ul style="list-style-type: none"> Promotes respect, unity, and pride in the nation. 	<ul style="list-style-type: none"> Cultural Awareness, Creativity & Expression, Collaboration & Teamwork
Integration		Integrate with hindi chapter (Desh bhakti)	

	October	November	December	Jan/Feb
Contents	<ul style="list-style-type: none"> Warm-up Stretching Breaking (B-boying) Floor moves, spins, power moves 	<ul style="list-style-type: none"> Warm-up Stretching Ladi compositions 	<ul style="list-style-type: none"> Warm-up and stretching and Different attitude (cool, swag, funny, robotic) 	<ul style="list-style-type: none"> Warm-up and stretching and Revision for all topics
Learning Outcomes	<p>Students will be able to</p> <ul style="list-style-type: none"> Understand the basic knowledge of dance Learn Breaking (B-boying) Floor moves, spin, power moves steps and its Rhythm 	<p>Students will be able to</p> <ul style="list-style-type: none"> Understand the basic knowledge of dance Learn Ladi compositions steps and its Rhythm 	<p>Students will be able to</p> <ul style="list-style-type: none"> understand the basic knowledge of dance Students will be able to perform Different attitude (cool, swag, funny, robotic) dance with rhythm 	<p>Students will be able to</p> <ul style="list-style-type: none"> Understand the basic knowledge of dance Students will be able to learn all topics
Skills	Rhythm, Physical Fitness, Stamina and Perseverance	Rhythm, Improve your writing skill, Posture and Alignment	<ul style="list-style-type: none"> Rhythm, Flexibility coordination, and body balancing 	<ul style="list-style-type: none"> Rhythm, Flexibility coordination, and body balancing
Methodology	<ul style="list-style-type: none"> Stretching, strength drills (push-ups, core exercises). Introduce simple spins (backspin, windmill basics). 	<ul style="list-style-type: none"> Explain what Ladi means (chain of bols). Demonstrate a simple composition (e.g., ta thei thei tat repeated). 	<ul style="list-style-type: none"> Smooth, relaxed movements with flow. 	<ul style="list-style-type: none"> Teacher shows basic movements/recitation.

Assessments	<ul style="list-style-type: none"> • Accuracy, control, execution 	<ul style="list-style-type: none"> • Precision of bols with taal • Synchronization of voice and movement 	<ul style="list-style-type: none"> • Flow & Confidence • Smoothness, calm presence 	<ul style="list-style-type: none"> • Memory & Recall
Cross Cutting Theme	<ul style="list-style-type: none"> • Builds stamina, strength, flexibility, and motor skills. • Encourages originality in moves, spins, and transitions. 	<ul style="list-style-type: none"> • Enhances memory, sequencing, and mathematical thinking through repetition and rhythm cycles. 	<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.