



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

	April	May	June
<b>Contents</b>	<ul style="list-style-type: none"> <li>Warm-up</li> <li>Stretching</li> <li>Jhaptaal (10 Matra) basic introduction</li> </ul>	<ul style="list-style-type: none"> <li>Warm-up</li> <li>Stretching</li> <li>Jazz techniques (kicks, turns)</li> </ul>	<ul style="list-style-type: none"> <li>Warm-up</li> <li>Stretching</li> <li>Lahuli dance HP</li> </ul>
<b>Learning Outcomes</b>	Students will be able to <ul style="list-style-type: none"> <li>Understand the basic knowledge of dance</li> <li>Develop their dance skills through Jhaptaal (10 Matra) basic introduction</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>Understand the basic knowledge of dance</li> <li>Learn Jazz techniques (kicks, turns) steps and its Rhythm</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>Understand the basic knowledge of dance</li> <li>Learn Lahuli dance HP dance steps and its Rhythm</li> </ul>
<b>Skills</b>	Ensure a Dancers Longevity Rhythm and Flexibility	Rhythm , Posture, Alignment , Control, Balance and Facial Expression(Intellectual skills)	Rhythm , Coordination, Stamina , Perseverance, Culture Based ability(Intellelucal skills)
<b>Methodology</b>	<ul style="list-style-type: none"> <li>Students learn by performing footwork patterns with live rhythm</li> <li>Teacher guides the beats and syllables (bols) while encouraging self-practice.</li> </ul>	<ul style="list-style-type: none"> <li>Core strengthening for balance during turns.</li> <li>Teach front kicks, sidekicks, and fan kicks.</li> </ul>	<ul style="list-style-type: none"> <li>Arrange students in circle or semi-circle.</li> <li>Practice synchronized steps with live or recorded folk music.</li> </ul>
<b>Assessments</b>	<ul style="list-style-type: none"> <li>Footwork &amp; Coordination, Body Control &amp; Grace.</li> </ul>	<ul style="list-style-type: none"> <li>Technique (Kicks/Turns)</li> <li>Confidence &amp; Expression</li> </ul>	<ul style="list-style-type: none"> <li>Precision of steps with music</li> <li>Group harmony in circle</li> </ul>
<b>Cross Cutting Theme</b>	<ul style="list-style-type: none"> <li>Cultural Awareness, Creativity &amp; Expression, Collaboration &amp; Teamwork</li> </ul>	<ul style="list-style-type: none"> <li>Builds stamina, flexibility, balance, and posture.</li> </ul>	<ul style="list-style-type: none"> <li>Cultural Heritage – Preserves Himachali traditions and identity, Group performance builds unity and teamwork, Promotes respect, harmony, and gratitude</li> </ul>
	July	August	September
<b>Contents</b>	<ul style="list-style-type: none"> <li>Warm-up</li> <li>Stretching</li> <li>African culture dance</li> </ul>	<ul style="list-style-type: none"> <li>Warm-up</li> <li>Stretching</li> <li>Intermediate Hip-Hop (grooves, freestyle)</li> </ul>	<ul style="list-style-type: none"> <li>Warm-up</li> <li>Stretching</li> <li>Abhinay Thumri / Bhajan □□ □□□</li> </ul>
<b>Learning Outcomes</b>	Students will be able to <ul style="list-style-type: none"> <li>Understand the basic knowledge of dance</li> <li>Learn African culture dance steps and its Rhythm</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>Understand the basic knowledge of dance</li> <li>Develop their Dance skills through Intermediate Hip-Hop (grooves, freestyle)</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>Understand the basic knowledge of dance</li> <li>Learn Abhinay Thumri / Bhajan Dance steps and its Rhythm</li> </ul>
<b>Skills</b>	Rhythm, Balance, Taal, and Improve your writing Skill,	Rhythm ,Build Strength ,Flexibility and Coordination	Rhythm , Posture ,Alinment, Ensure a dancers longevity and Facial Expression(Intellectual skulls)

<b>Methodology</b>	<ul style="list-style-type: none"> <li>Explain cultural significance of African dances (community, rituals, and celebrations).</li> </ul>	<ul style="list-style-type: none"> <li>Stretching, strength drills (push-ups, core exercises). Introduce simple spins (backspin, windmill basics).</li> </ul>	<ul style="list-style-type: none"> <li>Students learn by performing footwork patterns with live rhythm</li> <li>Teacher guides the beats and syllables (bols) while encouraging self-practice.</li> </ul>
<b>Assessments</b>	<ul style="list-style-type: none"> <li>Rhythmic Accuracy</li> <li>Comfort in performing</li> </ul>	<ul style="list-style-type: none"> <li>Accuracy, control, execution</li> </ul>	<ul style="list-style-type: none"> <li>Footwork &amp; Coordination, Body Control &amp; Grace.</li> </ul>
<b>Cross Cutting Theme</b>	<ul style="list-style-type: none"> <li>Introduces learners to African traditions, rhythms, and storytelling through movement.</li> </ul>	<ul style="list-style-type: none"> <li>Builds stamina, strength, flexibility, and motor skills.</li> <li>Encourages originality in moves, spins, and transitions.</li> </ul>	<ul style="list-style-type: none"> <li>Cultural Awareness, Creativity &amp; Expression, Collaboration &amp; Teamwork</li> </ul>
<b>Integration</b>	<ul style="list-style-type: none"> <li>Integrate with English chapter African culture</li> </ul>		

	October	November	December	Jan/Feb
<b>Contents</b>	<ul style="list-style-type: none"> <li>Warm-up</li> <li>Stretching</li> <li>Knowledge of Kathak Gharanas</li> </ul>	<ul style="list-style-type: none"> <li>Warm-up</li> <li>Stretching</li> <li>Advanced Hip-Hop (footwork, tricks basics)</li> </ul>	<ul style="list-style-type: none"> <li>Warm-up</li> <li>Stretching</li> <li>Knowledge of Famous Kathak Artists Name</li> </ul>	<ul style="list-style-type: none"> <li>Warm-up and stretching and</li> <li>Revision for all topics</li> </ul>
<b>Learning Outcomes</b>	Students will be able to <ul style="list-style-type: none"> <li>Understand the basic knowledge of dance</li> <li>Learn Knowledge of Kathak Gharanas Dance steps and its Rhythm</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>Understand the basic knowledge of dance</li> <li>Learn Advanced Hip-Hop (footwork, tricks basics)</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>Understand the basic knowledge of dance</li> <li>Develop Knowledge of Famous Kathak Artists Name skills through Classical Dance</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>Understand the basic knowledge of dance</li> <li>Students will be able to learn all topics</li> </ul>
<b>Skills</b>	Rhythm, Posture, Alinment, Coordination, Control, Balance and Facial Expression (Intellectual skills)	Rhythm, Balance, Laya, Taal and Facial Expression	Rhythm, Prevent injuries, Build Strength, Flexibility and Develop Physical Skills (Intellectual skills)	<ul style="list-style-type: none"> <li>Rhythm, Flexibility coordination, and body balancing</li> </ul>
<b>Methodology</b>	<ul style="list-style-type: none"> <li>Students learn by performing footwork patterns with live rhythm</li> <li>Teacher guides the beats and syllables (bols) while encouraging self-practice.</li> </ul>	<ul style="list-style-type: none"> <li>Stretching, strength drills (push-ups, core exercises). Introduce simple spins (backspin, windmill basics).</li> </ul>	<ul style="list-style-type: none"> <li>Present short biographies of artists (Birju Maharaj, Sitara Devi, Kumudini Lakhia, Shovana Narayan, Durga Lal, etc.).</li> </ul>	<ul style="list-style-type: none"> <li>Teacher shows basic movements/recitation.</li> </ul>

<b>Assessments</b>	<ul style="list-style-type: none"> <li>• Footwork &amp; Coordination, Body Control &amp; Grace.</li> </ul>	<ul style="list-style-type: none"> <li>• Accuracy, control, execution</li> </ul>	<ul style="list-style-type: none"> <li>• Recall of names, gharanas, contributions</li> </ul>	<ul style="list-style-type: none"> <li>• Memory &amp; Recall</li> </ul>
<b>Cross Cutting Theme</b>	<ul style="list-style-type: none"> <li>• Cultural Awareness, Creativity &amp; Expression, Collaboration &amp; Teamwork</li> </ul>	<ul style="list-style-type: none"> <li>• Builds stamina, strength, flexibility, and motor skills.</li> <li>• Encourages originality in moves, spins, and transitions.</li> </ul>	<ul style="list-style-type: none"> <li>• Students learn about Kathak gharanas and legendary artists, connecting to India's cultural roots.</li> </ul>	<ul style="list-style-type: none"> <li>• Remembers and performs all topics with rhythm, confidence, and teamwork.</li> </ul>