

Dance Syllabus 2024-2025 Primary

*All links are only for reference purpose

*Changes can be there as per requirement (event/occasion/state)

Class I

April – May	July- August	Sept- Oct	Nov- Dec	Jan- Feb
<p>Basic understanding of Right and left hand side. Shaking, waving, and rotating of hands. Shaking, waving, and rotating of feet.</p> <p>Actions /dance for e.g. Healthy habits while social distancing https://youtu.be/Wx2Q_8sSKXw</p> <p>Hokey pokey colour with fruits and veggies https://youtu.be/OYxD2tsvCWQ</p>	<p>Basic understanding of:- Right hand side turn Left hand side turn</p> <p>Actions /dance - for e.g. Rainy season https://youtu.be/tbFGojXqoo</p> <p>Indian Flag https://youtu.be/0HbJWMr0Zwg</p>	<p>Basic Rhythm Based dance steps</p> <p>Actions /dance for e.g. Diwali (or any popular festival of the state).</p>	<p>Basic steps used in free style dancing</p> <p>Action/dance for e.g. Christmas dance https://youtu.be/23vmZ-r2RaY</p> <p>https://youtu.be/qju78OT0jMk</p>	<p>Basic steps /movement for patriotic dance.</p> <p>Actions /dance on regional NCERT -Community songs hum honge kaamyaab.. ii. hind desh ke niwaasi...</p>

Learning outcome

- *Imitates body movement of natural surroundings like- animals, birds, people around.
- * Dance to any rhythmic music.
- * Moves of different parts of the body like shoulder, waist ,hands, feet etc.
- * Body balance while making different dance movements.

Asamyutha hastas



Pathakam



Tirupathakam



Ardhapathakam



Kartarimukham



Mayuram



Ardhachandran



Aralam



Shukathundam



Mushti



Shikaram



Kapitham



Katakamukham



Suchi



Chandrakala



Padmakosam



Sarpasirsham



Mrigasirsham



simhamukham



kangulam



Alapadmam



chaturam



Bramharam



Hamsasyam



Hamsapakshakam



Sandamsham



Mukulam



Tamarachuda



Trisoolam

<https://youtu.be/W-fPeR474B8>

(Show me a tree)

https://youtu.be/sJfyD3C_SMc

Body parts- (fearfully and wonderfully designed)

<https://youtu.be/kEzRtk5JV9I>

Thank-you god

<https://youtu.be/WZJAikmT3Rg>

Basic movements of body

<https://youtu.be/dW-jM2ktW4A>

Baby shark (rhythm base)

<https://youtu.be/ymigWt5TOV8>

Easy dance (zumba style)

<https://youtu.be/4m4q-WXWVYg>

Scooby-Doo papa (rhythm base)

<https://youtu.be/tHOMIy0VCoY>

Itsy bitsy(direction based dance)

<https://youtu.be/YRnSht-ONtU>

Let's discover let's explore

<https://youtu.be/VT6PAR k a0>

The lion story (action and steps variations)

<https://youtu.be/SH-7A3NVQbY>

Dance party under the sea

<https://youtu.be/0ebf3dGGdFg>

Freeze dance

<https://youtu.be/ii295Cy7R2k>

Dance in weekdays..

<https://youtu.be/7PXV3dwaeNU>

One more steps (invocation dance)

<https://youtu.be/52pdktAMDe4>

Jump up (action based)