

# Dance Syllabus 2024-2025 Primary

\*All links are only for reference purpose

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

## Class V

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April – May	July- August	Sept- Oct	Nov- Dec	Jan- Feb
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<p><b>Hand Gestures</b></p> <ol style="list-style-type: none"> <li>1.Pataka -Flag</li> <li>2.Tripataka-Flag in three parts crown, tree.</li> <li>3. Ardhapataka-Half flag</li> <li>4.Kartarimukha- Scissorsf ace</li> <li>5.Mayura-Peacock</li> <li>6.Ardhachandra-Half moon</li> <li>7.Arala-bent</li> <li>8.Shukatunda-parrot head</li> <li>9.Mushthi-fist</li> <li>10.Shikhara-Peak</li> <li>11.Kapitta-Elephant</li> <li>12Katakamukha(1- Openi ng of a bracelet 2-to eat 3- to hold ghunghat)</li> <li>13.Suchi-Needle</li> <li>14.Chandrakala-Face of the moon</li> <li>15.Padmakosha-Lotus bud Fruit.</li> </ol>	<p>Summer dance for e.g. <a href="https://youtu.be/JwR2RZuCuDI">https://youtu.be/JwR2RZuCuDI</a></p> <p><b>Vandana based on Classical Dance from selected</b></p> <p>Hand Movements Leg Movements combination of both</p>	<p><b>Folk dance for e.g.</b> “Goan/Konkani” Steps</p> <p>Hand Movements Combination of both</p>	<p><b>Free style dance/ in Contemporary dance (A Rendition to Mother Earth). -any one</b></p> <p><a href="https://youtu.be/AthXL8MpL0g">https://youtu.be/AthXL8MpL0g</a></p>	<p><b>Dance on NCERT community song/ Desh BhaktiGeet/ Environment /prakram diwas (any one)</b></p> <p><a href="https://youtu.be/fvpJg2UjnQ0">https://youtu.be/fvpJg2UjnQ0</a></p> <p>Or <a href="https://youtu.be/xJFWGXBDmfQ">https://youtu.be/xJFWGXBDmfQ</a> Or <a href="https://youtu.be/AthXL8MpL0g">https://youtu.be/AthXL8MpL0g</a></p>
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<b>one folk dance with track.</b>				
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**Learning outcomes**

- \*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](https://youtu.be/sJfyD3C_SMc)

Body parts- (fearfully and wonderfully designed )

<https://youtu.be/kEzRtk5JV9I>

Thank-you god

<https://youtu.be/WZJA1kmT3Rg>

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)