

Dance Syllabus 2024-2025 Primary

***All links are only for reference purpose**

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

Class III

***All links are only for reference purpose**

April – May	July- August	Sept- Oct	Nov- Dec	Jan- Feb
<p>Introduction of Hand Gestures. First List of mudras (dance)</p> <ol style="list-style-type: none"> 1.Pataka -Flag 2.Tripataka-Flag in three parts crown, tree. 3. Ardhapataka-Half flag 4.Kartarimukha-Scissorsfa ce 5.Mayura-Peacock <p>Usage of the above mudars in routine life.</p> <p>Basic Steps, Hand Gestures, Knowledge of Right and Left:</p> <p>Jumping Movements Side Bends Forward & Backward Bending Taking round with Rhythm</p>	<p>Learning of Hand Gestures/movements Combination of both with entry & exit Action/dance on any Patriotic song following for (any one) based on steps taught. for e.g. It's a great day to praise the lord https://youtu.be/JTlw5wddnjg</p> <p>Desh mera desh https://youtu.be/7739TkqROOU</p>	<p>Dance steps and Hand Movement on songs like the following (Any two) for e.g.</p> <p>Lollipop https://youtu.be/Eh2HVz9YC78</p> <p>Hokey pokey https://youtu.be/B7sEtc326kM</p> <p>Wash your hands https://youtu.be/a1IWWXZkHzy</p> <p>Follow the leader https://youtu.be/gUiL-gpK-mw</p>	<p>Dance steps and Hand Movement on songs like the following (Any one) for e.g.</p> <p>Dance on Festival Diya Dance - Diwali, Wish you a Merry Christmas</p>	<p>Actions /dance on regional NCERT -Community songs</p> <p>Dhano Dhanya.... https://youtu.be/DTYbizBZgil Parakram diwas-kadam kadam badhaye ja marching dance https://youtu.be/r0YU7U7R_M4</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/WZJAkmT3Rg>

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)