

Dance Syllabus 2024-2025 Primary

*All links are only for reference purpose

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

Class IV

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April – May	July- August	Sept- Oct	Nov- Dec	Jan- Feb
<p>Hand Gestures List of mudras (dance) List of mudras (dance) 1.Pataka -Flag 2.Tripataka-Flag in three parts crown, tree. 3. Ardhapataka-Half flag 4.Kartarimukha-Scissors face 5.Mayura-Peacock 6.Ardhachandra-Half moon 7.Arala-bent 8.Shukatunda-parrot head 9.Mushthi-fist 10.Shikhara-Peak</p> <p>Basic Steps used in Folk Dances Any one folk dance with track.</p>	<p>Dance steps and Hand Movement on songs (Any one) for e.g. Summer Dance https://youtu.be/cwHxoATWiAU Birthday dance https://youtu.be/E4akglMugSw</p>	<p>Folk dance-Festival for e.g. “Dandiya” (with props) Learn steps, with Clap to understand Rhythm.</p>	<p>Dance steps and Hand Movement on songs (Any two) for e.g. Can’ stop the feeling https://youtu.be/TgcwKrf8wHM Rock around the clock https://youtu.be/4uQgwNxFDOY Fight song https://youtu.be/YGNLYGrZbzQ Old time https://youtu.be/oUYSYLC1UIA</p>	<p>Dance on NCERT community song/ Desh Bhakti Geet/ Environment (any one) https://youtu.be/fvpJg2UjnQ0 https://youtu.be/xJFWGXBDMfQ</p>

Learning outcome

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

Asamyutha hastas



Pathakam



Tirupathakam



Ardhathakam



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)