

# Dance Syllabus- Middle School 2024-2025

\*All links are given only for reference purpose

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

## Class VI

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Learning Outcomes	April – May	July- August	Sept- Oct	Nov- Dec	Jan- Feb
<b>Class 6</b> <b>Apprx pds-6-8</b>	<p><b>Single hand gestures/hast mudra and its importance.</b>  <a href="https://youtu.be/Y_vUCoufnws">https://youtu.be/Y_vUCoufnws</a></p> <p>Rhythm/ Tala(basic-dadra, kahrwa) introduction and use.                      Invocation Dance</p> <p>List of mudras (dance) first</p> <ul style="list-style-type: none"> <li>*Pataka -Flag</li> <li>*Tripataka-Flag in three parts crown, tree.</li> <li>* Ardhapataka-Half flag</li> <li>*Kartarimukha-Scissorsface</li> <li>*Mayura-Peacock</li> <li>*Ardhachandra-Half moon</li> </ul>	<p>Introduction of Folk Dances of India.</p> <p>Knowledge of Folk Dance with their states/tribes of India.</p> <p>Common steps used in Folk /Tribal dances in India/                      harvest dance</p>	<p>Folk dance of any Indian state performed during festivals.</p>	<p><b>Free style dance on –</b>                      Gospel songs  <a href="https://youtu.be/wvfSCBUNwQ">https://youtu.be/wvfSCBUNwQ</a></p> <p><b>Just Dance –</b></p> <p>Timber  <a href="https://youtu.be/66wCy2KwICk">https://youtu.be/66wCy2KwICk</a></p> <p>Waka waka  <a href="https://youtu.be/lWol2L3tSio">https://youtu.be/lWol2L3tSio</a></p> <p>Bingo Dance  <a href="https://youtu.be/T9axVzDmTy0">https://youtu.be/T9axVzDmTy0</a></p>	<p><b>Any one dance on-</b>                      patriotic theme/                      Dance on parakram Diwas</p>

	<ul style="list-style-type: none"><li>*Arala-bent</li><li>*Shukatunda-parrot head</li><li>*Mushthi-fist</li><li>*Shikhara-Peak</li><li>* Kapitta-Elephant</li><li>*Katakamukha</li><li>1-Opening of a bracelet</li><li>2-to eat</li><li>3- to hold ghunghat</li><li>*Suchi-Needle</li><li>*Chandrakala-Face of the moon</li><li>* Padmakosha-Lotus bud Fruit</li><li>*Margashirsha-Snake head</li><li>* Mrigashirsha-Head of a deer</li><li>*Simhamukha+Face of a lion</li><li>*Langula/ Kangula- Lily</li><li>*Alapadma-lotus</li><li>*Chatura-Four</li><li>*Bhramara-Bee</li><li>*Hamsasya-Swan head</li><li>*Hamsapaksha-Swan wing</li><li>*Sandamsha-Pincers</li><li>*Mukula-Flower bud</li><li>*Tamrachuda-Rooster</li><li>*Trishula-Trident</li></ul>				
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