

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 VIII

Learning Outcomes	April – May	July- August	Sept- Oct	Nov- Dec	Jan- Feb
Class 8 Apprx Pds 6-8	Single and double hand gestures/hast mudra and its importance. Rhythm/ Tala(basic-dadra,kahrwa,Teental) introduction and use. Invocation dance List of mudras	Introduction of Creative/fusion/contemporary/Theme based dance. Common steps, moves, used in Creative/ fusion/ contemporary/Theme based dance.	One Creative/fusion/contemporary/Theme based dance on any one of the topic suggested below: Empathy Grow green Freedom Five elements	Free style dance on – Gospel songs https://youtu.be/MPvnZlN6EY	<ul style="list-style-type: none"> • Any one dance on patriotic theme.

<p>(dance)</p> <ul style="list-style-type: none">*Pataka -Flag*Tripataka-Flag in three parts crown, tree.* Ardhapataka-Half flag*Kartarimukha-Scissorsface*Mayura-Peacock*Ardhachandra-Half moon*Arala-bent*Shukatunda-parrot head*Mushthi-fist*Shikhara-Peak* Kapitta-Elephant*Katakamukha1-Opening of a bracelet2-to eat3- to hold ghunghat*Suchi-Needle*Chandrakala-Face of the moon* Padmakosha-Lotus bud Fruit*Sarpashirsha-Snake head* Mrigashirsha-Head of a deer				
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	<ul style="list-style-type: none">*Simhamukha+Face of a lion*Langula/ Kangula-Lily*Alapadma-lotus*Chatura-Four*Bhramara-Bee*Hamsasya-Swan head*Hamsapaksha-Swan wing*Sandamsha-Pincers*Mukula-Flower bud*Tamrachuda-Rooster*Trishula-Trident				
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