

## 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 VII

Learning Outcomes	April – May	July- August	Sept- Oct	Nov- Dec	Jan- Feb
<b>Class 7</b> <b>Apprx</b> <b>pds 6-8</b>	<b>Double hand gestures/hast mudra and its importance.</b> <a href="https://youtu.be/sfAAyun1bTI">https://youtu.be/sfAAyun1bTI</a>  Rhythm/ Tala (basic-dadra,kahrwa,teentaal) introduction and use. Invocation dance  List of mudras (dance)  *Pataka -Flag *Tripataka-Flag in three parts crown, tree. * Ardhapataka-Half flag *Kartarimukha-Scissorsface *Mayura-Peacock *Ardhachandra-Half moon	Introduction of Classical Dance forms of India.  Name of classical Dance forms of India.  Common steps used in Classical dances like kathak,bharatnatyam, oddisi,manipuri	One composition based on any classical dance form.	<b>Free style dance on –</b>  Gospel songs <a href="https://youtu.be/xV7XH2OgOTk">https://youtu.be/xV7XH2OgOTk</a>	Any one dance on folk theme.

<p>*Arala-bent *Shukatunda-parrot head *Mushthi-fist *Shikhara-Peak * Kapitta-Elephant *Katakamukha 1-Opening of a bracelet 2-to eat 3- to hold ghunghat *Suchi-Needle *Chandrakala-Face of the moon * Padmakosha-Lotus bud Fruit *Sarpashirsha-Snake head * Mrigashirsha-Head of a deer *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</p>				
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