

CHRIST JYOTI SCHOOL – CBSE

PREMNAGAR, DHING ROAD, NAGAON



ACADEMIC SESSION: 2026–2027

DANCE SYLLABUS

CLASS – I

(Practical Only)

1. Introduction to body movements
2. Basic warm-up and stretching exercises
3. Simple hand gestures and foot movements
4. Rhythm practice with clapping
5. Action song performance
6. Free movement on music
7. Basic stage discipline and posture



CLASS – II

(Practical Only)

1. Revision of basic body movements
2. Basic coordination exercises
3. Introduction to counting in dance (1–8 counts)
4. Simple folk dance steps
5. Basic hip-hop freestyle movements
6. Action dance performance
7. Group formation practice



CLASS – III

(Practical Only)

1. Warm-up and flexibility exercises
2. Basic contemporary floor movements
3. Simple folk and patriotic dance steps
4. Rhythm and timing practice
5. Facial expressions and stage confidence
6. Group choreography practice
7. Performance on seasonal or cultural songs



CLASS – IV

(Theory + Practical)

THEORY

1. Meaning and importance of dance
2. Types of dance – Classical, Folk, Western
3. Basic knowledge of rhythm and counts
4. Introduction to facial expressions (Navarasa)
5. Importance of warm-up and stretching

PRACTICAL

1. Basic folk dance routine
2. Contemporary foundation exercises
3. Basic hip-hop steps
4. Hand gestures and expressions practice
5. Group dance performance
6. Patriotic or cultural dance presentation



CLASS – V

(Theory + Practical)

THEORY

1. Elements of dance – Body, Space, Time, Energy
2. Introduction to formations and stage positions
3. Knowledge of rhythm and musical beats
4. Dance safety and discipline
5. Introduction to Indian folk dances

PRACTICAL

1. Contemporary dance combinations
2. Folk dance choreography
3. Hip-hop foundation steps
4. Expression and storytelling through dance
5. Duet and group performance
6. Cultural or seasonal dance presentation



CLASS – VI

(Theory + Practical)

THEORY

1. History and origin of dance
2. Basic knowledge of classical, folk and western dance styles
3. Importance of expressions and emotions in dance
4. Costume, makeup and stage presentation
5. Dance as fitness and communication
6. Introduction to choreography and formations

PRACTICAL

1. Advanced warm-up and flexibility exercises
2. Contemporary dance techniques
3. Hip-hop choreography
4. Folk fusion performance
5. Synchronization and stage coordination
6. Solo and group dance presentation
7. Annual performance preparation



- Regular practice, discipline and participation in school activities are essential.
- Students will be assessed on practical performance, creativity, understanding and stage etiquette.

