



LOTUS PETAL SENIOR SECONDARY SCHOOL
GRADE - 10
SUBJECT - Dance

Month	Chapter	Learning objectives	Teaching Methods	Learning Outcomes	Subject Enrichment Activity	Art Integration /Multi-Disciplinary
April 18	Introduction to Dance	Understand the basic principles of dance, including posture, alignment, and balance	<ul style="list-style-type: none"> - Warm-up and stretching exercises. - Basics of body posture, balance, and coordination. - Introduction to rhythm and counting beats. 	Basic Techniques: Students will perform fundamental dance steps and movements with precision and control.	Theme: New Beginnings <ul style="list-style-type: none"> • Activity: Create a vision board with dance poses or steps representing goals for the year. 	<ul style="list-style-type: none"> • Dance teaches symmetry, patterns, angles, and counting through movements and rhythm. • It explains balance, body mechanics, muscle coordination , and breathing techniques. • Social Studies (Culture &

						<p>History): Folk and classical dances reflect traditions, history, and cultural identity.</p> <ul style="list-style-type: none">• Language (Storytelling & Communication): Dance expresses emotions and stories, improving verbal and non-verbal communication.• Visual Arts: Costumes, props, and choreography incorporate colors, patterns, and artistic expression.• Literature: Write a short poem about
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						<p>new beginnings and incorporate it as a narrative element in the dance.</p> <ul style="list-style-type: none">creative use of colours to show space, atmosphere, subjective moods. <p>AI-Generated Choreography AI models like Google's "Move Mirror" and OpenAI's "Choreographer" analyze movement patterns and generate unique dance sequences. Choreographers can use AI to explore new movements and styles beyond human imagination.</p>
May 11	Basic Dance Techniques	Develop physical coordination, balance, and flexibility through dance movements	<p>Breaking Down Movements</p> <ul style="list-style-type: none">Step-by-Step Instruction: Teach one step or sequence at a time,	<p>Physical Fitness: Students will improve flexibility, stamina, and coordination through regular practice of the dance.</p>	<p>Theme: Love and Togetherness</p> <ul style="list-style-type: none">Activity: Choreograph a duet dance to express partnership and unity,	<p><input type="checkbox"/> Social Studies: Explore the concept of love in different cultures and integrate it into a group dance.</p> <p>study of visual</p>

			<p>focusing on proper technique.</p> <ul style="list-style-type: none">• Demonstration and Imitation: Demonstrate movements, then let students replicate them.• Slow Tempo Practice: Start at a slower speed to ensure understanding before moving to the actual tempo.		<p>inspired by Valentine’s Day.</p> <p>Study of visual resources(at home amd inthe surroundings)and means of creative expressPreservation & Documentation of Traditional Dances AI can analyze and digitally archive traditional dances, ensuring their preservation for future generations.</p> <p>Machine learning algorithms can study historical dance styles and generate reconstructions of lost or evolving dance formation.</p>	<p>resources and means of creative expression.</p>
June 1						
July 16	Folk Dance Exploration	<p>- Introduction to a popular folk dance style (e.g., Chholiya, Garba, or Bhangra).</p> <p>- Learn the cultural background and basic steps of the dance.</p>	<p>Incorporating Rhythm</p> <ul style="list-style-type: none">• Clap and Count: Practice rhythm separately by clapping or counting beats.• Live or Recorded Music: Introduce music gradually to	<p>Musicality: Students will showcase an understanding of rhythm, timing, and synchronization with the music associated with the dance.</p>	<p>Theme: Spring and Renewal</p> <ul style="list-style-type: none">• Activity: Use movements to depict blooming flowers or flowing streams in a nature-themed	<p>☐ Science: Study the life cycle of flowers and represent it through movements.</p> <p>☐ Geography: Explore how spring festivals are celebrated globally and reflect them in the choreography.</p>

			help students connect movements to rhythm.		dance sequence.	<input type="checkbox"/> Art: Paint scenery depicting spring blooms to use as a stage backdrop.
Aug 14	Classical Dance Basics	- Introduction to a classical dance form (e.g., Bharatanatyam or Kathak). - Practice basic hand gestures (mudras) and footwork.	Encouraging Creativity <ul style="list-style-type: none"> • Improvisation: Allow students to add their flair or interpret specific movements. • Cultural Connection: Encourage students to share their ideas about how the dance reflects seasonal themes. 	Cultural Understanding: Students will understand the cultural and historical significance of the "Dance of 12 Months" and its connection to the changing seasons.	Theme: Earth and Environment <ul style="list-style-type: none"> • Activity: Perform an eco-awareness dance with props like leaves or recycled materials, highlighting sustainability. 	<input type="checkbox"/> Environmental Science: Highlight themes like sustainability or conservation through a dance drama. <input type="checkbox"/> Music: Use natural sounds, such as water or wind, as a musical background. <input type="checkbox"/> Creative Writing: Write a short skit about environmental protection and incorporate it into the dance. performance sketching from nature and environment.
Sep 8	Contemporary Dance	- Learn basic contemporary dance moves. - Practice expressing emotions through movements.	Demonstration and Imitation: Demonstrate movements, then let students replicate them.	Creative Expression: Students will express emotions and stories linked to each month through their movements and gestures	Theme: Growth and Warmth <ul style="list-style-type: none"> • Activity: Integrate energetic steps into a dance to represent the rising warmth 	<ul style="list-style-type: none"> • Biology: Represent the concept of growth (plants, animals, or human life) through expressive movements.

					and activity of summer.	<ul style="list-style-type: none">• Art: Create sun-themed props or costumes to symbolize warmth.• Music: Choose upbeat, energizing music to depict summer activities.
Oct 10	Dance Improvisation	<ul style="list-style-type: none">- Explore free movement and improvisation.- Encourage students to create their own short dance sequences.	Formation Practice: Teach group formations and transitions for the dance.	Choreographic Skills: Students will be able to combine movements into cohesive sequences that represent themes or events of each month..	Theme: Rain and Rejuvenation <ul style="list-style-type: none">• Activity: Use rhythmic footwork to mimic the sound of raindrops in a monsoon-inspired dance.	<ul style="list-style-type: none">• Geography: Study monsoons and their importance in different regions, using rain-inspired dance movements.• Art: Create raindrop props or rain stick instruments to enhance the performance .• Physics: Explore how

						<p>sound travels through water and mimic it with rhythmic steps.</p> <ul style="list-style-type: none">creative use of spatial relationship.
Nov 12	Fusion Dance	<ul style="list-style-type: none">- Combine elements of folk, classical, and contemporary styles.- Teach a short fusion choreography.	<p>Group Coordination</p> <ul style="list-style-type: none">Formation Practice: Teach group formations and transitions for the dance.Partner Work: Assign pairs or small groups for specific sections to enhance collaboration	<p>Collaboration: Students will effectively perform as part of a group, maintaining coordination and spatial awareness</p>	<p>Theme: Celebration and Freedom</p> <ul style="list-style-type: none">Activity: Create a patriotic dance to honor national events or Independence Day (adjust for your country's specific date).	<ul style="list-style-type: none">History: Represent a national freedom movement through dance.Civics: Choreograph a group dance reflecting the importance of unity in a nation.Visual Arts: Use national symbols or colors in costume design.

Dec 13	Group Choreography	<ul style="list-style-type: none"> - Focus on coordination in group dance performances. - Practice synchronization and stage presence. 	Choreography and Rehearsal <ul style="list-style-type: none"> • Small Sections: Teach and rehearse in smaller sections before combining them. • Run-throughs: Practice the full sequence to build flow and confidence. 	Technical Proficiency: Students will demonstrate the ability to perform the dance's movements and sequences with accuracy and fluidity.	Theme: Harvest and Community <ul style="list-style-type: none"> • Activity: Learn and perform a folk dance representing agricultural festivals or community gatherings. 	<input type="checkbox"/> Agriculture: Depict harvest cycles through folk dance forms. <input type="checkbox"/> Social Studies: Research how different communities celebrate harvest festivals and integrate their traditions. <input type="checkbox"/> Music: Use folk songs or traditional instruments for the performance.
Jan 6	Performance Preparation	<ul style="list-style-type: none"> - Rehearse for a final performance. - Focus on polishing techniques, expressions, and timing. 	Performance Preparation <ul style="list-style-type: none"> • Costume and Props: Introduce traditional costumes or props for authenticity. • Stage Practice: Simulate Dance Training & Performance Analysis • AI-powered motion capture and analysis tools help dancers refine techniques by providing real-time feedback on posture, balance, and movement accuracy. 	Technical Proficiency: Students will demonstrate the ability to perform the dance's movements and sequences with accuracy and fluidity.	Theme: Knowledge and Learning <ul style="list-style-type: none"> • Activity: Research a traditional dance style and present a short performance with a brief explanation of its history. 	<input type="checkbox"/> Global Studies: Explore winter holidays worldwide and create a multicultural dance piece. <input type="checkbox"/> Art: Design festive costumes and props, such as snowflakes or lanterns. <input type="checkbox"/> Music: Incorporate holiday songs from different cultures.

			<ul style="list-style-type: none">Apps like STEEZY and AI-driven dance tutors use computer vision to analyze a dancer's movementsperformance conditions to build confidence			
			and suggest improvements.			use of contrast as an expressive element of art.