



LOTUS PETAL SENIOR SECONDARY SCHOOL
GRADE - 7
SUBJECT - Dance

Month	Chapter	Learning objectives	Teaching Methods	Learning Outcomes	Subject Enrichment Activity	Art Integration /Multi-Disciplinary
April 18	Chapter 1 -My Body in Motion (Foundation and Basics, Introduction to Dance)	<p>Master the Basics – Learn posture, alignment, and balance.</p> <p>Find Meaning in Movement – Express emotions and stories through dance.</p> <p>Improve Body Awareness – Enhance coordination, control, and space use.</p> <p>Express Yourself – Use movement to share feelings and ideas.</p> <p>Strengthen Mind-Body Connection – Boost focus, mindfulness, and well-being.</p> <p>Discover Symbolism – Uncover deeper meanings in dance movements.</p>	<p>Introduction and Context</p> <p>Activity 1:- Routine Body Movements</p> <p>Activity 2: Incorporating Spinal Bents and Steps</p> <p>Activity 3: Practice of Different Facial Expression</p> <p>Activity 4: Practice Hasta mudras</p> <p>Activity 5: Dance to a Song</p> <p>Activity 6: Sequencing a Dance of a Song</p>	<p>Basic Techniques: Students will perform fundamental dance steps and movements with precision and control.</p>	<p>Theme: New Beginnings</p> <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.• creative use of colours to show
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						<div>space,atmosphere, subjective moods.</div> <div>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.</div>
May 11	Building Body Awareness	Develop physical coordination, balance, and flexibility through dance movements	<div>Breaking Down Movements</div> <ul style="list-style-type: none">• Step-by-Step Instruction: Teach one step or sequence at a time, focusing on proper technique.• Demonstration and Imitation: Demonstrate movements, then let students replicate them.• Slow Tempo Practice: Start at a slower speed to ensure	<div>Physical Fitness:</div> <div>Students will improve flexibility, stamina, and coordination through regular practice of the dance.</div>	<div>Theme: Love and Togetherness</div> <ul style="list-style-type: none">• Activity: Choreograph a duet dance to express partnership and unity, <div>Study of visual resources(at home and inthe surroundings)and means of creative expressPreservation & Documentation of Traditional Dances AI can analyze and digitally archive traditional dances, ensuring their</div>	<div><input type="checkbox"/> History: Research dances associated with Valentine’s Day or cultural festivals of love.</div> <div><input type="checkbox"/> Social Studies: Explore the concept of love in different cultures and integrate it into a group dance.</div> <div><input type="checkbox"/> Visual Arts: Design different - shaped props or costumes for the performance.</div> <div>study of visual and means od creative expression.</div>

			understanding before moving to the actual tempo.		<p>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>Knowledge of the terms: Sangeet, Nad, Swar, Shudh, Komal, Teevra, Saptak, Mandra, Madhya Tar, Aroha Avaroha, Raga, Laya, Matra, Tal, Avartan, Sam Tal. Music, Arts, Social Studies, Languages</p> <p>2.1.2 Basics knowledge of notation systems Music Production</p> <p>2.1.3 A brief introduction of Indian music</p>
June 1						
July 21	<p>Chapter-2 Breaking Barriers with Dance</p> <p>(Basic choreography and Musicality)</p>	Enhance rhythm and musicality by connecting movements to music. Explore the use of space, timing, and energy in choreography.	<p>Incorporating Rhythm and Music</p> <p>Clap and Count: Practice rhythm separately by clapping or counting beats.</p> <p>Live or Recorded Music: Introduce music gradually to help students connect movements to rhythm.</p>	<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 dance sequence. 	<p><input type="checkbox"/> Science: Study the life cycle of flowers and represent it through movements.</p> <p><input type="checkbox"/> Geography: Explore how spring festivals are celebrated globally and reflect them in the choreography.</p> <p><input type="checkbox"/> Art: Paint scenery depicting spring blooms to use as a stage backdrop.</p>

			<p>Activity 1: Watch Videos of Unique Lok Nritya1</p> <p>Activity 2: Stepping for Loka Nritya</p> <p>Activity 3: Project Work</p> <p>Activity 4: Dance and Geometrical Shapes</p> <p>Activity 5: Rhythmic Geometry</p>			
Aug 14	Introducing Dance Styles- Kathak dance, Folk Dance, contemporary Dance.	Understand the cultural, historical, and social significance of different dance forms.	<p>Encouraging Creativity</p> <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.	<p>Cultural Understanding: Students will understand the cultural and historical significance of the "Dance of 12 Months" and its connection to the changing seasons.</p>	<p>Theme: Earth and Environment</p> <ul style="list-style-type: none">• Activity: Perform an eco-awareness dance with props like leaves or recycled materials, highlighting sustainability.	<p><input type="checkbox"/> Environmental Science: Highlight themes like sustainability or conservation through a dance drama.</p> <p><input type="checkbox"/> Music: Use natural sounds, such as water or wind, as a musical background.</p> <p><input type="checkbox"/> Creative Writing: Write a short skit about environmental protection and incorporate it into the dance.</p> <p>creative use of perspective in spatial relationship.</p>

Sep 7	Chapter 3 Harmony in Motion (Artistic Refinement)	Build confidence and self-expression through solo and group performances	<p>Demonstration and Imitation: Demonstrate movements, then let students replicate them.</p> <p>Activity 1: Our Traditional Dance</p> <p>Activity 2: Making of Dance Jewellery and Props</p> <p>Activity 3: Draw a Jewellery or Prop of Your Choice</p> <p>Activity 4: Knowledge of Performance Space</p> <p>Activity 5: Sharing a Story of Nature</p> <p>Activity 6: Choreography and Performing Natya</p>	<p>Creative Expression: Students will express emotions and stories linked to each month through their movements and gestures</p>	<p>Theme: Growth and Warmth</p> <ul style="list-style-type: none"> Activity: Integrate energetic steps into a dance to represent the rising warmth and activity of summer. 	<ul style="list-style-type: none"> Biology: Represent the concept of growth (plants, animals, or human life) through expressive movements. Art: Create sun-themed props or costumes to symbolize warmth. Music: Choose upbeat, energizing music to depict summer activities.
Oct 15	Advance Movements	Develop physical coordination, balance, and flexibility through dance movements	<p>Formation Practice: Teach group formations and transitions for the dance.</p>	<p>Choreographic Skills: Students will be able to combine movements into cohesive sequences that represent themes or events of each month..</p>	<p>Theme: Rain and Rejuvenation</p> <ul style="list-style-type: none"> Activity: Use rhythmic footwork to mimic the sound of raindrops in a monsoon- 	<ul style="list-style-type: none"> Geography: Study monsoons and their importance in different regions, using rain-inspired dance movements.

					inspired dance.	<ul style="list-style-type: none">• Art: Create raindrop props or rain stick instruments to enhance the performance .• Physics: Explore how sound travels through water and mimic it with rhythmic steps.
Nov 17	Chapter 4- Dances of Our Land (Group Dynamics)	Improve teamwork and collaboration by dancing in ensembles	<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>Activity 1: Exploring Regional Dances</p>	Collaboration: Students will effectively perform as part of a group, maintaining coordination and spatial awareness	Theme: Celebration and Freedom <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.

			<p>Activity 2: Exploring other Dance Forms</p> <p>Activity 3: Comparison of Regional Dance Forms</p> <p>Activity 4: Project on Regional Dance Form</p> <p>Activity 5: Notes on Renowned Dancers</p>			<ul style="list-style-type: none">• Visual Arts: Use national symbols or colors in costume design.
Dec 14	Performance preparation and mastery	Express emotions, stories, and ideas creatively through body language and movement.	<p>Choreography and Rehearsal</p> <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.	<p>Technical Proficiency: Students will demonstrate the ability to perform the dance's movements and sequences with accuracy and fluidity.</p>	<p>Theme: Harvest and Community</p> <ul style="list-style-type: none">• Activity: Learn and perform a folk dance representing agricultural festivals or community gatherings.	<ul style="list-style-type: none"><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. sketching from nature and surroundings.

Jan 8	Stage presence and final touches	Develop confidence and poise while performing under pressure.	<div>Performance Preparation</div> <ul style="list-style-type: none">• Costume and Props: Introduce traditional costumes or props for authenticity.• Stage Practice: Simulate performance conditions to build confidence	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.	<div><input type="checkbox"/> Global Studies: Explore winter holidays worldwide and create a multicultural dance piece.</div> <div><input type="checkbox"/> Art: Design festive costumes and props, such as snowflakes or lanterns.</div> <div><input type="checkbox"/> Music: Incorporate holiday songs from different cultures.</div> <div>use of contrast as an expressive element of art.</div>
						<div>Dance Training & Performance Analysis</div> <div>AI-powered motion capture and analysis tools help dancers refine techniques by providing real-time feedback on posture, balance, and movement accuracy.</div> <div>Apps like STEEZY and AI-driven dance tutors use computer vision to analyze a dancer’s movements and suggest improvements.</div>

