



# Sree Ayyappa Public School

Affiliated to Central Board of Secondary Education, Delhi

## SYLLABUS 2025-2026

**STD : PRE NURSERY**  
**SUBJECT : DANCE**

Month	No of Working Days	Chapter / Unit Topic	Sub – Topics	Activities	Projects promoting 21 <sup>st</sup> century skills
April + May	21 + 08	Warm ups	<ul style="list-style-type: none"><li>• Hand stretching</li><li>• Leg Exercises</li><li>• Different jumps</li><li>• Stretching</li></ul>	<ul style="list-style-type: none"><li>• Dance on song friends</li></ul>	
June	10	Basic steps	<ul style="list-style-type: none"><li>• Rolly Polly</li><li>• Chicken step</li><li>• Shaking step</li><li>• Baby Thumka</li><li>• Smiley step</li></ul>	<ul style="list-style-type: none"><li>• Dance on “God is so Good” (song)</li></ul>	
July	23	Basic steps	<ul style="list-style-type: none"><li>• Repeating and practicing basic steps</li></ul>	Dance on Baarish Aayi	
Aug.	21	Patriotic	Patriotic Song dance	Aao Bachon song dance	
Sept.	9	<b>Revision for Half Yearly Examination</b>			
Oct.	14	Hand claps	<ul style="list-style-type: none"><li>• Hand claps in different ways</li></ul>	Warm up for hands	
Nov.	21	Aerobics	Aerobic dance with music	Full body warm up	
Dec.	19	Jumps	Animal jumps	<ul style="list-style-type: none"><li>• Dance on (Itti si Hasi)</li></ul>	
Jan.	17	Western	Western Dance	<ul style="list-style-type: none"><li>• Western dance</li></ul>	
Feb.	13	Basic steps	<ul style="list-style-type: none"><li>• Bounce</li><li>• Turn</li><li>• Balance and stillness</li></ul>	<ul style="list-style-type: none"><li>• Dance on (khushiyon ki)</li></ul>	
<b>Revision for Annual Examination</b>					

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