



Sree Ayyappa Public School

Affiliated to Central Board of Secondary Education, Delhi

SYLLABUS 2024-2025

STD : **PRE NURSERY**
SUBJECT : **DANCE**
Prescribed Book : **No. prescribed book**

Month	No of Working Days	Chapter / Unit Topic	Sub – Topics	Activities / Learning Outcomes	Projects promoting 21 st century skills
April + May	23 + 09	Warm ups	<ul style="list-style-type: none">• Hands stretchings• Leg Exercises• Different jumps• Stretchings	L.O.: -Helps to get the body ready for aerobic activity. <ul style="list-style-type: none">• Dance on song friends	
June	10+1	Basic steps	<ul style="list-style-type: none">• Rolly Polly• Chicken step• Shaking step• Baby Tumka• Smiley step	L.O.: -Better co ordination <ul style="list-style-type: none">• Dance on song (Barish Aayi)	
July	25	Basic steps	<ul style="list-style-type: none">• Rolly Polly etc will be continued.....	Practice of Barish Aayi L.O.: -Flexibility	
Aug.	23	Hand claps	Hand claps in different ways	Patriotic dance on aao Bacchon	
Sept.	10	Revision for Half Yearly Examination			
Oct.	18	Basic steps	<ul style="list-style-type: none">• Bounce• Turn• Balance and stillness	L.O.: - Improvement of strength <ul style="list-style-type: none">• Dance on Khushiyon Ki	
Nov.	17	Basic steps	Repeating and practicing basic steps	L.O.: -Better Co- ordination <ul style="list-style-type: none">• Flexibility	
Dec.	17	Jumps	Animal jumps	L.O.: - Balance and co ordination <ul style="list-style-type: none">• Dance on (Itni si Hasi)	
Jan.	23	Western	Western Dance	<ul style="list-style-type: none">• Western dance	
Feb.	22	Revision for Annual Examination			

* L.O. :- Learning outcome.