



# Sree Ayyappa Public School

Affiliated to Central Board of Secondary Education, Delhi

## SYLLABUS 2026-2027

**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	22	Warm ups	<ul style="list-style-type: none"> <li>• Hands stretchings</li> <li>• Leg Exercises</li> <li>• Different jumps</li> <li>• Stretchings</li> </ul>	<ul style="list-style-type: none"> <li>• Dance on song “ School chale Hum”</li> </ul>	Self management and physical awareness	
May	11	Warm ups	<ul style="list-style-type: none"> <li>• Practice of warm up steps</li> </ul>	<ul style="list-style-type: none"> <li>• Dance on song friends “God is so Good”</li> </ul>	Building confidence in performance	
June	13	Yoga	<ul style="list-style-type: none"> <li>• Basic yoga steps</li> </ul>	<ul style="list-style-type: none"> <li>• Dance on song “Friends”</li> </ul>	Focus and self discipline	
July	25	Basic steps	<ul style="list-style-type: none"> <li>• Smiley step</li> <li>• Bounce</li> <li>• Turn</li> <li>• Baby Thumka</li> </ul>	Dance on Shaky Shaky	Creativity and Innovation	
Aug.	21	Hand steps	<ul style="list-style-type: none"> <li>• Hand claps in different ways</li> </ul>	Patriotic dance “Aao Bachon”	Social awareness : Understanding national heritage	
Sept.	20	<b>Revision for Half Yearly Examination</b>				
Oct.	18	Basic steps	<ul style="list-style-type: none"> <li>• Marching</li> <li>• Side step (slide)</li> <li>• Heel and toe tap</li> </ul>	“Itti si Hasi”	Collaboration and coordination	
Nov.	16	Basic dance actions	<ul style="list-style-type: none"> <li>• Plies (to bend)</li> <li>• Etender (To stretch)</li> <li>• Sauter (To jump)</li> </ul>	“Khushiyon ki” (dance)		
Dec.	23	Jumps	Animal jumps	<ul style="list-style-type: none"> <li>• Carol dance</li> </ul>		
Jan.	16	Body parts	Shake it out	Shake it out Body parts (dance)		
Feb.	21	<b>Revision for Annual Examination</b>				