



THE ADVENT SCHOOL (2026-27)

CLASS- VII | SUBJECT –DANCE

TERM WISE SYLLABUS

MONTH	TOPIC	GOAL	ACTIVITY
April	Foundation and warm up technique	<ul style="list-style-type: none"> • Build basic rhythm understanding • Learn warm up routines & stretching • Introduce each dance form 	Rhythm clapping, body isolation Footwork basics: toe-heel, grapevine Intro steps: Hip-hop: bounce, rock, groove Jazz: jazz walk, pivot turn Semi- classical: basic, mudras, adavus
May	Hip hop basics	<ul style="list-style-type: none"> • Develop coordination • Learn simple hip-hop combination 	Body isolation: (head,shoulder,hips) Hip hop grooves: ATL stomp,side groove 8-count choreography
July	Jazz techniques	<ul style="list-style-type: none"> • Improve posture and alignment • Learn jazz techniques vocabulary 	Jazz: square,kicks,chasse Turns:quarter turn,half turn Short jazz youtine to upbeat music
August	Classical basics	<ul style="list-style-type: none"> • Introduce expressions & grace • Understand hand gestures (mudras) 	Mudras: pataka,tripataka,alapadma Basic adavus (1-4) Small abhinaya (expression) exercises Semi- classical routine (16-32)
October	Hip hop level 2	<ul style="list-style-type: none"> • Build stamina & style • Learn intermediate steps 	Footwork drills: criss-cross,kick ball-change Hip-hop styles: popping basics,locking groove 32-48 count choreography
November	Jazz level 2	<ul style="list-style-type: none"> • Improve flexibility & control • Introduce jazz leaps & combo work 	Leaps: straight leap,side leap Turns: pirovetle (prep only) Jazz combo to contemporary or Broadway – style music
December	Semi–classical level 2	<ul style="list-style-type: none"> • Increase expression & storytelling • Learn classical fusion techniques 	Adavus5 -8 Eye movements, neck movements Semi-classical routine on a lyrical track.

January	Hip-Hop freestyle & Battle Skills	<ul style="list-style-type: none">● Improve improvisation● Enhance confidence & musicality	Free style prompts (slow tempo vs. fast tempo) Cypher circles Small pair battles (friendly)
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