



## THE ADVENT SCHOOL (2026-27)

### CLASS- VIII | SUBJECT –DANCE

#### TERM WISE SYLLABUS

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

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