



THE ADVENT SCHOOL (2026-27)

CLASS- I | SUBJECT- DANCE

TERM WISE SYLLABUS

TERM-I

SYLLABUS FOR PRE-MID TERM ASSESSMENTS:

Focus: Basic

- Movements & Rhythm
- Body warm-up (head, hands, legs movements)

Basic steps:

- Clapping on beats
- Walking on rhythm
- Jumping and hopping
- Introduction to facial expressions (happy, sad, surprise)
- Simple hand gestures (basic mudras)
- Understanding 4–8 counts
- Easy rhyme-based dance (2–3 steps)

SYLLABUS FOR MID TERM ASSESSMENTS:

Focus: Coordination Simple Choreography

- Warm-up and stretching
- Basic footwork patterns
- Coordination of hands and legs
- Simple turns (spins)

Use of space (forward, backward, sideways)

- Introduction to props (dupatta/scarf)
- One simple dance routine (30–60 seconds)

TERM-II

SYLLABUS FOR POST-MID TERM ASSESSMENTS:

Focus: Expression & Performance Skills

- Practice of facial expressions (basic introduction to navras)
- Rhythm practice (fast and slow beats)
- Basic folk dance steps (e.g., Punjabi/Gujarati style etc)
- Group dance coordination
- Stage entry and exit practice

SYLLABUS FOR FINAL ASSESSMENTS:

Focus: Performance & Confidence

- Full dance routine (2–3 minutes)
- Revision of all learned steps

PRINCIPAL