



FORTNIGHTLY SYLLABUS PLANNING (2025-26)

CLASS V SUBJECT-DANCE

New Session begins on 1 st April 2025		
S.no.	Duration	Syllabus to be planned
1	1 st April-15 th April	<ul style="list-style-type: none"> Exploring rhythm and basic moves Stretching and deep breathing dance exercises
2	16 th April- 30 th April	<ul style="list-style-type: none"> Freestyle dance moves Dance on Mother's Day
3	1 st May- 15 th May	<ul style="list-style-type: none"> Learning short routines on music Mother's Day dance practice
4	16 th May-31 st May	<ul style="list-style-type: none"> Fun dance-offs in pairs
Summer Vacations:26th May – 30th June 25		
5	1 st July- 15 th July	<ul style="list-style-type: none"> Stretching and flexibility exercises Basic dance drills
Periodic Test-1: 9th July – 23th August 25		
6	16 th July-31 st July	<ul style="list-style-type: none"> Expressions and movements practice with dance gestures Dance practice on patriotic theme song
7	1 st Aug- 15 th Aug	<ul style="list-style-type: none"> Different types of classical and folk-dance types
8	16 th Aug- 31 st Aug	<ul style="list-style-type: none"> Posture exercises Performing in front of peers
Syllabus Completion for Mid Term Examination: 29th Aug 2025		
9	1 st Sept-15 th Sept	<ul style="list-style-type: none"> Dance fitness Zumba movements
Mid Term Examination - 15th Sept- 26th Sept 25		
Autumn Break- 30th Sept – 2nd Oct 25		
10	1 st Oct- 15 th Oct	<ul style="list-style-type: none"> Creating a short duet and trio dance routines
11	16 th Oct-31 st Oct	<ul style="list-style-type: none"> Dance based flexibility drills Dance on green Diwali theme routine
Diwali Break : 20th Oct - 23rd Oct 25		
12	1 st Nov -15 th Nov	<ul style="list-style-type: none"> Claps and footwork drills Acting through dance using facial expressions, hand gestures and body language
13	16 th Nov-30 th Nov	<ul style="list-style-type: none"> Practicing formations and timings Power moves and posture exercises
Annual Day: 29th Nov 25		
14	1 st Dec- 15 th Dec	<ul style="list-style-type: none"> Light cardio dance moves practice
Periodic Test-2: 8th Dec – 22nd Dec 25		
15	16 th Dec-31 st Dec	<ul style="list-style-type: none"> Creative dance challenge
Winter Break- 29th Dec - 9th Jan 26		
16	1 st Jan -15 th Jan	<ul style="list-style-type: none"> Expressions and stage presence technique Dance on making of constitution theme
17	15 th Jan- 31 st Jan	<ul style="list-style-type: none"> Confidence building exercises Story telling through dance
18	1 st Feb - 15 th Feb	<ul style="list-style-type: none"> Assessment for activity grades
Syllabus Completion for Annual Examination: 6th February 26		
Annual Examination Begins: 16th February 26		