



## BEGINNERS

## WESTERN DANCE 1<sup>ST</sup> YEAR

### COURSEOUTLINE

### INTRODUCTION

Dancing is a beautiful form of expression and a universal language that brings people together! It's a way to communicate emotions, tell stories, and connect with others. From ballet to hip-hop, salsa to ballroom, dance comes in many styles and forms. It's a way to get exercise, boost mood, and build confidence

### OVERALL OBJECTIVES

1. Enjoyment and Engagement: Foster a love for dance and an appreciation for Western dance styles.
2. Basic Techniques: Teach fundamental dance techniques and movements common in Western dance styles.
3. Physical Development: Enhance physical fitness, coordination, balance, and flexibility.
4. Creativity and Expression: Encourage creativity and self-expression through dance.
5. Teamwork and Social Skills: Develop social skills, cooperation, and teamwork through group activities and performances.
6. To boost confidence, self-esteem, and resilience, encourages self-discipline, perseverance.
7. To build artistic expression, creativity and stage presence.
8. Choreography: Introduce basic principles of choreography and allow students to create short dance pieces.
9. Cultural Understanding : History and Context: Provide a basic understanding of the historical and cultural context of different Western dance styles.
10. Appreciation: Encourage appreciation and respect for the diversity and evolution of Western dance

Method of Assessment			
SL No	Task	Month of Assessment	Marks
1	Practical Assessment 1 (Group of 20 Students)	September/October/ <u>November</u>	10
2	Practical Assessment 2 (Group of 20 Students)	December/January/ <u>February</u>	10
3	Practical Assessment (Group of 20 Students)	March/ <u>April</u> / <u>May</u>	30
		Tota	50

**Note: Performance may be in group but marks will be allotted individually.**

## Schedule of Teaching

Periods	Topic	Subtopic	Class activity
1	Introduction to dance	Benefits & Learning Method of Music, Basics	Explanation & Dance Practice
	Fundamental steps	Foot work- Step 1	
2	Fundamental steps	Revision	
		Foot work- Step 2	
3	Fundamental steps	Revision	
		Foot work- Step 3	
4	Fundamental steps	Revision	
		Arm work -step 1	
5	Fundamental steps	Revision	
		Arm work -step 2	
6	Fundamental steps	Revision	
		Arm work -step 3 Understand musicality,rhythm,and expression	
7	Fundamental steps	Revision	
		WAVE work step 1	
8	Fundamental steps	Revision	
		WAVE work step 2	
9	Fundamental steps	Revision	
		WAVE work step 3 side,front and body wave movements	
10	Fundamental steps	Revision	
		Jump work step 1	
11	Fundamental steps	Revision	
		Jump work step 2	
12	Fundamental steps	Revision	
		Jump work step 3	
13	Fundamental steps	Revision	
		Bends work step 1	
14	Fundamental steps	Revision	
		Bends work step 2	
15	Fundamental steps	Revision	
		Bends work step 3	
16	Fundamental steps	Revision	
		Twists work step 1	
17	Fundamental steps	Revision	
		Twists work step 2	
18	Fundamental steps	Revision	
		Twists work step 3	
19	Fundamental steps	Revision	
		Heal and Toe work step 1	
20	Fundamental steps	Revision	
		Heal and toe work step 2	
21	Fundamental steps	Revision	
		Heal and toe work step 3	
22	Exploration different music genres	Revision	
		Ex:- free style dance ,western dance,folk etc	

## Schedule of Teaching

Periods	Topic	Subtopic	Class activity	
<b>23 to 32</b>	Dance simple choreography for song	Revision	Explanation & Dance Practice	
		practice		
<b>33</b>	Building basic techniques	Revision		
		Head work step 1		
<b>34</b>	Fundamental steps	Revision		
		Head work step 2		
<b>35</b>	Fundamental steps	Revision		
		Head work step 3		
<b>36</b>	Fundamental steps	Revision		
		Shoulder work step 1		
<b>37</b>	Fundamental steps	Revision		
		Shoulder work step 2		
<b>38</b>	Fundamental steps	Revision		
		Shoulder work step 3		
<b>39</b>	Fundamental steps	Revision		
		Hips work step 1		
<b>40</b>	Fundamental steps	Revision		Explanation & Dance Practice
		Hips work step 2		
<b>41</b>	Fundamental steps	Revision		
		Hips work step 3		
<b>42</b>	Fundamental steps	Revision		
		Turns work step 1		
<b>43</b>	Fundamental steps	Revision		
		Turns work step 2		
<b>44</b>	Fundamental steps	Revision		
		Turns work step 3		
<b>45</b>	Fundamental steps	Revision		
		Spins work step 1		
<b>46</b>	Fundamental steps	Revision		
		Spins work step 2		
<b>47</b>	Fundamental steps	Revision		
		Spins work step 3		
<b>48</b>	Fundamental steps	Revision		
		Slides work step 1		
<b>49</b>	Fundamental steps	Revision		
		Slides work step 2		
<b>50</b>	Fundamental steps	Revision		
		Slides work step 3		
<b>51</b>	Fundamental steps	Revision		
		Falls work step 1		
<b>52</b>	Fundamental steps	Revision		
		Falls work step 2		
<b>53</b>	Fundamental steps	Revision		
		Falls work step 3		
<b>54 to 62</b>	Choreography and more dynamic songs	Exploration of different free style		
		practice		
<b>63</b>	Developing :Inter mediate techniques	Revision		
		More complex foot work step 1		
<b>64</b>	Fundamental steps	Revision		
		Foot work step 2		
<b>65</b>	Fundamental steps	Revision		
		Foot work step 3		

## Schedule of Teaching

Periods	Topic	Subtopic	Class activity
66	Fundamental steps	Revision	Explanation & Dance Practice
		Rhythms work step 1	
67	Fundamental steps	Revision	
		Rhythms work step 2	
68	Fundamental steps	Revision	
		Rhythms work step 3	
69	Fundamental steps	Revision	
		Arms work step 1	
70	Fundamental steps	Revision	
		Arms work step 2	
71	Fundamental steps	Revision	
		Arms work step 3	
72	Fundamental steps	Revision	
		Hands work step 1	
73	Fundamental steps	Revision	
		Hands work step 2	
74	Fundamental steps	Revision	
		Hands work step 3	
75	Fundamental steps	Revision	
		Expression step 1	
76	Fundamental steps	Revision	
		Expression work step 2	
77	Fundamental steps	Revision	
		Expression work step 3 Practice :-full songs lip movements front of mirror	
78	INTRODUCTION TO IMPROVISATION	Revision	Explanation & Dance Practice
		Types of Improvisation:- 1. Groove-based: Focusing on rhythmic patterns and textures 2. Emotional Expression: Conveying emotions through movement 3. Storytelling: Creating narratives through dance	
79 to 100	Choreography to challenging songs	Revision	
		Practice	
101	Refining techniques	Revision	
		1. Performance quality: Focus on refining the quality of your performances, including energy, enthusiasm, and engagement	
102	Performing skills	Revision	
		1. Stage Presence: Developing a strong, confident presence on stage. 2. 4. Musicality and Timing: Executing movements in sync with the music and rhythm. work step 19	
103	Learning longer routines	Revision	
		1. Sectionalization: Breaking down the routine into smaller sections to master one section at a time.	
		Revision	

## Schedule of Teaching

Periods	Topic	Subtopic	Class activity
104	Dances	Explanation next level about intermediate	Explanation & Dance Practice
105	INTRODUCTION TO:- STAGE PRESENCE AUDIENCE INTERACTION	Revision	
		1. Stage presence: Develop a strong presence on stage, including confidence, awareness, and connection with the audience.	
106	BASIC DANCE COMPOSITION	Revision	
		1. Theme or Concept: Define the idea or message behind the dance. 2. Music: Select music that complements the theme and mood.	
107 to 120	Final Dance choreograph and Practice	Revision	
		Practice	
121	AGE – APPROPRIATE GOALS AND OUTCOMES:-	Revision  1- DEVELOP BASIC TO INTERMEDIATE FREE STYLE DANCE TECHNIQUES 2- IMPROVE FLEXIBILITY,STRENGTH,AND COORDINATION. 3- ENHANCE CREATIVITY,SELF- EXPRESSION,AND CONFIDENT 4- DEVELOP TEAM WORK AND COLLABORATION SKILLS..... 5- APPRECIATE DIFFERENT MUSIC GENRES AND STYLES	