

GOPI BIRLA MEMORIAL SCHOOL 2025 – 26**GRADE: VII [DANCE]****ANNUAL PLAN****NITA SHAH**

MONTH	CONTENT	ACTIVITIES
APRIL (16 DAYS)	ZUMBA SESSION	Group dance: Zumba exercise in group with western songs.
JUNE (16 DAYS)	1) Rain song 2) Western dance routine	Hip Hop dance freestyle Solo dance in rhythm with different moves and style.
JULY (23 DAYS)	Patriotic Song	Group dance: Dance practise by repeating each line. Perfecting in rhythm.
AUGUST (16 DAYS)	Continued with patriotic song. Revision and Assessment (PA-I)	Follow teacher steps. And revise.
SEPTEMBER (06 DAYS)	Assessment CONTINUES	Group Activity / Solo Activity
OCTOBER (12 DAYS)	Annual Dance practise starts	-----
NOVEMBER (19 DAYS)	Dance with expression	Dance with expression and introduction of Tutting style... and practise with music
DECEMBER (18DAYS)	Jive and salsa	Western dance in form of jive and style.
JANUARY (19 DAYS)	Semi classical dance style	3- songs mash up
FEBRUARY (10 DAYS)	Revision and Assessment	Group Activity / Solo Activity