



# PODAR ENRICHMENT ACADEMY

## Learning for Life

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### → **Western Dance:**

- 10 min. Dance warm up with music, aerobics dance steps, stretching
- Basic dance steps with music (Basic Leg hand, hip, shoulder movement etc.)
- Different style of (Hip Hop, Jazz, rock and roll, contemporary, Freestyle etc.)
- Beat scene (with count)
- Action, expression timing, grace & reaction.
- Break Movements, Rhythm to synchronize with song
- Movement Speed level – I, II, III
- Stage group Co-ordination.
- How to use property in dance (pompom, sticks and balls)
- Basic level for Std.: 1 to 3
- Advance level for Std.: - 4 to 8
- Intermediate level for Std.: - 9 to 12
- SEP body awareness, Action and stillness spatial awareness, dynamics, expression, mime rhythm, movement timings, Perfection, Grace & Reaction, Aerobics basic movements, Basic, Western, folk Bangor, Break Movements, Movements / Rhythm to synchronize with song, Movements Speed level – I, II, III, Stage Group Co-ordination, cutting
- Body awareness, Action and stillness Spatial awareness, Dynamics Expression, mime Rhythm, timing. Movement Timings, Perfection, Grace & Reaction, Aerobics basic movements, Basic, Western, folk Bangor, Break Movements, Movements / Rhythm to synchronize with song, Waves, Break & Floor Movements, Stage Performance, School Competition, Creative Song, Make – up, Costume, Lightings & set Properties recognize and explore space, time, and force as the three Elements of dance. Demonstrate eight basic foot locomotors movements (Walk, run, hops, jump, leap, gallop, slide and skip) Action and stillness
- Extending and flexing
- Rotating
- Rising and sinking
- Stillness - Stepping



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- Travelling
  - Turning Balancing Rhythm, timing
  - Hand clapping, foot beating
  - Variations in the sound
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