

THE BISHOP'S SCHOOL CAMP
JUNIOR SECTION
DANCE CLUB
SEPTEMBER 2023

As quoted by Mahatma Gandhi - "Dance is the hidden language of the soul"

Dancing not only helps students to foster their creativity and boosts their confidence, it also teaches to never give up, lead a disciplined life and never stop learning. Keeping the above in mind, in the Dance club for the month of September our children from classes 1 to 5 were taught the free style dance form.

Freestyle is an inventive, creative dance style. It is unique and an artistic form of self-expression and allows a dancer to react to their feelings and the tone of the music in an organic way.

The dance club was conducted once in a week during which children were taught dance routines and choreography.

Besides dance routines, the club also focused on improving our children's fitness levels and coordination skills through warm-up exercises and dance-related workouts.



The children were taught dance on some catchy songs like – Better when I am dancing, Bones, Catch-up and Magic happens. The dance routines were enjoyed by all the children as there was fun, laughter, big smiles and feet tapping movements.

The Dance Club has proven to be a dynamic and engaging extracurricular activity for our students. It not only promotes physical fitness but also enhances creativity and self-confidence. With its continued efforts and enthusiasm, the club is playing a pivotal role in nurturing the artistic and physical development of our students.

By -

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