

Cambridge International School, Mohal (Kullu)

Class –III

Curriculum – Dance

Session 2020-21

FIRST TERM (March- July)

- Warm ups
- Basic kattrhak steps (Pad Sanchalan)
- Ganesh Vandana
- Hastak and Mudras
- Basic kattrhak definations (Sam, Tatkaar, Taali- Khali, Hastak, Matra and Feri)
- Teen Taal (Padhant on hands)
- Folk dance (Haryanvi and Gidda)
- Free style dance

SECOND TERM (August- December)

- Annual day preparations
- Revision of all topics.