

	Feb, March	April	May
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Freestyle dance • Hastak (Classical) 	<ul style="list-style-type: none"> • Warm-up • Stretching • Folk dance of Punjab 	<ul style="list-style-type: none"> • Warm-up • Stretching • Folk dance (H.P)
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Hastak steps and its Rhythm 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Bhangra Dance steps and its Rhythm 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance learn • Himachli Dance steps and its Rhythm
Skills	Rhythm, Balancing , Coordination , Posture and Facial Expressions(Intellectual skills)	Jamping , Coordination, Rhythm , Stamina and Culture based ability(Intellectual Skill)	Balance, Rhythm , Coordination and Culture based ability(Intellectual Skill)
Methodology	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class
Assessments	<ul style="list-style-type: none"> • Live individual and Group performance • Class etiquettes and ethics 	<ul style="list-style-type: none"> • Live individual and Group performance • Class etiquettes and ethics 	<ul style="list-style-type: none"> • Live individual and Group performance • Class etiquettes and ethics
	June	July	August
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Retro Dance 	<ul style="list-style-type: none"> • Warm-up • Stretching • Bollywood dance 	<ul style="list-style-type: none"> • Warm-up • Stretching • Teen Taal Dugun
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Develop their dance skills through Retro Bollywood 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Develop their Dance skills through Bollywood 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • learn Teen Taal Footwork steps and its Rhythm
Skills	Rhythm ,Gallop ing, Coordination and Flexibility	Coordination, Jumping, Rhythm and Flexibility	Body Balance, Posture, Alinment, Coordination, Rhythm and Flexibility(Intellectual skills)
Methodology	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class
Assessments	<ul style="list-style-type: none"> • Live individual and Group performance • Class etiquettes and ethics 	<ul style="list-style-type: none"> • Live individual and Group performance • Class etiquettes and ethics 	<ul style="list-style-type: none"> • Live individual and Group performance • Class etiquettes and ethics

	September	October	November
Contents	<ul style="list-style-type: none"> • Warm-up • Stretching • Suffi Dance (Basic Steps) 	<ul style="list-style-type: none"> • Warm-up • Stretching • Gandhi Jayanti Theme based dance 	<ul style="list-style-type: none"> • Warm-up • Stretching • Definition of Tihai
Learning Outcomes	<p>Students will be able to</p> <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Suffi dance Basic steps and its Rhythm 	<p>Students will be able to</p> <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Develop their physical healthy and ability to work 	<p>Students will be able to</p> <ul style="list-style-type: none"> • Understand the basic knowledge of dance • learn Teen Taal Definition ,Footwork steps and its Rhythm
Skills	Stamina, Galloping, Rhythm ,Strength and Body Balancing(Intellectual skills)	Coordination, Rhythm and Flexibility	Rhythm, Posture ,Alinment, Coordination and Facial Expressions(Intellectual skills)
Methodology	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class 	<ul style="list-style-type: none"> • Teacher will give the students live demonstration • Smart Class
Assessments	<ul style="list-style-type: none"> • Live individual and Group performance • Class etiquettes and ethics 	<ul style="list-style-type: none"> • Live individual and Group performance • Class etiquettes and ethics 	<ul style="list-style-type: none"> • Live individual and Group performance • Class etiquettes and ethics