

**Cambridge International School, Mohal (Kullu)**

**First Term – 2020-21**

**Class – I**

**Dance**

**FIRST TERM ( March- July )**

- Warm Ups
- Shree Guru Vandana
- Basic kattrhak steps ( Pad Sanchalan )
- Basic kattrhak definations ( Sam, Tatkaar, Taali-khaali, Hastak, Matra )
- Folk dance ( Laavni and Bhangra )

**SECOND TERM ( August- December )**

- Annual day preparations
- Revision of all topics.