



	Feb, March	April	May
<b>Contents</b>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Freestyle dance</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Himachal day</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Folk dance (H.P Shimla)</li> </ul>
<b>Learning Outcomes</b>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn freestyle dance steps and its rhythm</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn Himachal day dance steps</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• learn Folk Dance steps and its Rhythm</li> </ul>
<b>Skills</b>	Extension, Rhythm , Build Strength and Flexibility	Rhythm, Balance, Coordination , Mobility and Culture based ability(Intellectual Skill)	Rhythm, Balance, Coordination , Mobility Culture based ability(Intellectual Skill)
<b>Methodology</b>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>
<b>Assessments</b>	<ul style="list-style-type: none"> <li>• Live individual and Group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and Group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and Group performance</li> <li>• Class etiquettes and ethics</li> </ul>
	June	July	August
<b>Contents</b>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Retro Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Bollywood dance</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Patriotic dance</li> </ul>
<b>Learning Outcomes</b>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of Retro dance</li> <li>• Develop their dance skills through Retro Bollywood</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Develop their dance skills through Bollywood</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• learn patriotic dance and its steps</li> </ul>
<b>Skills</b>	Rhythm , Flexibility, Extension, Rhythm , Build Strength and Flexibility	Extension, Rhythm , Build Strength and Flexibility	Extension, Rhythm ,Build Strength , Facial Expression and Body Balancing(Intellectual Skills)
<b>Methodology</b>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>
<b>Assessments</b>	<ul style="list-style-type: none"> <li>• Live individual and Group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and Group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and Group performance</li> <li>• Class etiquettes and ethics</li> </ul>

	September	October	November
<b>Contents</b>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Basic step of Italian folk dance</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Hand tutting</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching and</li> <li>• Definition of Hip Hop</li> </ul>
<b>Learning Outcomes</b>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Develop their dance skills through Italian dance</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Develop their dance skills through hand tutting</li> </ul>	Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn Teen Hip Hop steps and its Rhythm</li> </ul>
<b>Skills</b>	Stamina, Extension, Rhythm , Build Strength and Flexibility	Flexibility , Extension, Rhythm , Build Strength and Flexibility	Posture , Extension ,Rhythm , Build Strength and Flexibility
<b>Methodology</b>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher will give the students live demonstration</li> <li>• Smart Class</li> </ul>
<b>Assessments</b>	<ul style="list-style-type: none"> <li>• Live individual and Group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and Group performance</li> <li>• Class etiquettes and ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Live individual and Group performance</li> <li>• Class etiquettes and ethics</li> </ul>