



	Feb, March	April	May
Contents	<ul style="list-style-type: none"> Warm-up Stretching Freestyle dance Defination of hashtak 	<ul style="list-style-type: none"> Warm-up Stretching Himachal Day Special Performance 	<ul style="list-style-type: none"> Warm-up Stretching Folk dance (Punjab)
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance Learn Freestyle dance steps and its Rhythm Learn Defination of hashtak 	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance Folk dance steps and its Rhythm 	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance Learn Folk dance steps and its Rhythm
Skills	Physical Fitness, Rhythm and Flexibility	Rhythm , Build Strength and Flexibility	Coordination, Balance, Stamina ,Perseverance, Rhythm and Flexibility
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 Writing teen Taal kavit 	<ul style="list-style-type: none"> Warm-up Stretching Theme based dance(Janmashtmi Theme Based) 	<ul style="list-style-type: none"> Warm-up Stretching Retro Filmi Dance
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance Learn teen taal kaviti its Rhythm 	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance Learn Janmashtmi dance steps and its Rhythm 	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance Develop their dance skills through Retro Bollywood
Skills	Rhythm, Taal ,Posture and Improve Your writing Skill	Rhythm , Build Strength and Flexibility	Rhythm, Coordination , Build Strength and Flexibility
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 advance 	<ul style="list-style-type: none"> • Warm-up • Stretching • Definition of Odissi dance 	<ul style="list-style-type: none"> • Warm-up • Stretching • Diwali dance
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Suffi dance steps and its Rhythm 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn Odissi dance steps and its Rhythm 	Students will be able to <ul style="list-style-type: none"> • Understand the basic knowledge of dance • Learn diwali steps and its Rhythm
Skills	Rhythm , Physical Fitness, Stamina and Perseverance	Rhythm, Improve your writing skill , Posture and Alignment	Rhythm, Alignment, Control, Balance and Posture
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