

|                          | <b>April</b>   | <b>May</b>  | <b>June</b>  |
|--------------------------|--|---|--|
| <b>Contents</b>          | <ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Mother day dance</li> </ul>  | <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>• Bhangra dance</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 Bollywood 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>• Perform dance on freestyle dance and its rhythm</li> </ul>       | Students will be able to <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance learn</li> <li>• Bhangra Dance steps and its Rhythm</li> </ul> |
| <b>Skills</b>            | Jumping , Coordination, Rhythm , Stamina and Culture based ability (Intellectual Skill)  | Rhythm, Balancing , Coordination , Posture and Facial Expressions (Intellectual skills)   | Balance, Rhythm , Coordination and 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>   |
|                          | <b>July</b>  | <b>August</b>   | <b>September</b>   |
| <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>• Basic of Italian folk dance</li> </ul>  | <ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Folk dance of HP</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 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 Italian folk dance</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>            | Rhythm, Galloping, Coordination and Flexibility  | Coordination, Jumping, Rhythm and Flexibility   | Body Balance, Posture, Alignment, Coordination, Rhythm and Flexibility (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>   |

|                   | October   | November   | December  | Jan/Feb  |
|-------------------|---|--|---|--|
| Contents          | <ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Diwali dance</li> </ul>   | <ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Definitions of Hip-Hop</li> </ul>  | <ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Stretching</li> <li>• Old Bollywood dance</li> </ul>  | <ul style="list-style-type: none"> <li>• Warm-up and</li> <li>• Stretching and</li> <li>• Revision for all topics</li> </ul>   |
| Learning Outcomes | <p>Students will be able to</p> <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Develop their physical healthy and ability to work</li> </ul> | <p>Students will be able to</p> <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn definitions of Hip- Hop dance</li> </ul> | <p>Students will be able to</p> <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Learn old Bollywood dance steps and its rhythm</li> </ul> | <p>Students will be able to</p> <ul style="list-style-type: none"> <li>• Understand the basic knowledge of dance</li> <li>• Students will be able to learn all topics</li> </ul> |
| Skills            | Coordination, Rhythm and Flexibility  | Stamina, Galloping, Rhythm, Strength and Body Balancing (Intellectual skills)  | Rhythm, Posture , Alignment, Coordination and Facial Expressions (Intellectual skills)  | <ul style="list-style-type: none"> <li>• Rhythm, Flexibility coordination and body balancing</li> </ul>  |
| Methodology       | <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>  | <ul style="list-style-type: none"> <li>• Teacher will give them live demonstration</li> <li>• Smart class</li> </ul>   |
| Assessments       | <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>  | <ul style="list-style-type: none"> <li>• Live individual and group performance</li> <li>• Class etiquettes and ethics</li> </ul>   |