

	April	May	June
Contents	<ul style="list-style-type: none"> Warm-up Stretching Tatkar with simple variations) 	<ul style="list-style-type: none"> Warm-up Stretching Movement of Birds dance (Fly, Hop, Glide) 	<ul style="list-style-type: none"> Warm-up Stretching 5-7 simple Chakkars in balance
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of Tatkaar Learn Kathak dance steps and its rhythm 	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance Perform Movement of Birds (Fly, Hop, Glide) . 	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance Learn Simple Chakkar steps and its Rhythm
Skills	Jumping , Coordination, Rhythm , Stamina and Culture based ability(Intellectual Skill)	Rhythm, Balancing , Coordination , Posture and Facial Expressions(Intellectual skills)	Balancing, Rhythm , Coordination and Culture based ability(Intellectual Skill)
Methodology	<ul style="list-style-type: none"> Students learn by performing footwork patterns with live rhythm Teacher guides the beats and syllables (bols) while encouraging self-practice. 	<ul style="list-style-type: none"> Use short stories or themes (like birds flying, festivals, or folk tales) to make dance meaningful. Smart Class. Show the step slowly with rhythm, explaining the counts and movements. 	<ul style="list-style-type: none"> Show a slow, controlled chakkar, highlighting posture, arm placement, and spotting technique. Smart Class. Explain footwork, body alignment, and how to maintain balance during turns.
Assessments	<ul style="list-style-type: none"> Footwork & Coordination, Body Control & Grace 	<ul style="list-style-type: none"> Cognitive Domain (Knowledge & Understanding) Psychomotor Domain (Skills & Performance) 	<ul style="list-style-type: none"> Execution of Chakkars, Posture,Coordination,Balance
Cross cutting theme	<ul style="list-style-type: none"> Cultural Awareness, Creativity & Expression, Collaboration & Teamwork 	<ul style="list-style-type: none"> Environmental Sensitivity, Cultural Awareness 	<ul style="list-style-type: none"> Cultural Awareness, Creativity & Expression, Collaboration & Teamwork
Integration		<ul style="list-style-type: none"> Integrated with social science chapter (Birds) 	
	July	August	September
Contents	<ul style="list-style-type: none"> Warm-up Stretching Toda (2 simple Todas) 	<ul style="list-style-type: none"> Warm-up Stretching Western dance (hip hop basic) 	<ul style="list-style-type: none"> Warm-up Stretching Freestyle dance
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance Develop their dance skills through Todas 	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance Develop their Dance skills through Western dance (hip hop basic) 	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance learn Free style dance steps and its rhythm

Skills	Rhythm ,Gallop ing, Balance , Coordination and Flexibility	Coordination, Jumping, Posture , Rhythm and Flexibility	Body Balance, Posture, Alignment, Coordination, Rhythm and Flexibility(Intellectual skills)
Methodology	<ul style="list-style-type: none"> Perform the Toda slowly, reciting the bols (e.g., “Ta Thai Thai Tat, Aa Thai Thai Tat”) so students hear and see the rhythm. Explain the footwork pattern, hand movements, and how the bols match each step. 	<ul style="list-style-type: none"> Showing basic hip hop steps (bounce, step touch, body isolation) slowly with music. Smart Class. Explain each move clearly — posture, rhythm, and coordination. 	<ul style="list-style-type: none"> Exploration & Warm-up, Stimulus-based Movement, Group Interaction
Assessments	<ul style="list-style-type: none"> Footwork & Coordination, Body Control & Grace 	<ul style="list-style-type: none"> Clear rhythm, confident moves, expressive style, good group coordination 	<ul style="list-style-type: none"> Creativity & Imagination, Self-Expression & Confidence
Cross cutting theme	<ul style="list-style-type: none"> Cultural Awareness, Inclusivity 	<ul style="list-style-type: none"> Health & Well-being, Confidence Building 	<ul style="list-style-type: none"> Creativity & Imagination, Self-Expression & Confidence, Teamwork & Collaboration

	October	November	December	Jan/Feb
Contents	<ul style="list-style-type: none"> Warm-up Stretching Western dance basic body movements (hands, legs, head) 	<ul style="list-style-type: none"> Warm-up Stretching Rhythm practice with Clapping 	<ul style="list-style-type: none"> Warm-up Stretching Hip hop (bounce, clap steps, walk steps). 	<ul style="list-style-type: none"> Warm-up and stretching and Revision for all topics
Learning Outcomes	<p>Students will be able to</p> <ul style="list-style-type: none"> Understand the basic knowledge of dance Develop their dance skills through body movements (hands, legs, head) 	<p>Students will be able to</p> <ul style="list-style-type: none"> Understand the basic knowledge of dance Learn rhythm practice with Clapping dance 	<p>Students will be able to</p> <ul style="list-style-type: none"> Understand the basic knowledge of dance Learn Hip hop (bounce, clap steps, walk steps) 	<p>Students will be able to</p> <ul style="list-style-type: none"> Understand the basic knowledge of dance Students will be able to learn all topics
Skills	Coordination, Rhythm , Body Balancing and Flexibility	Stamina, Gallop ing, Rhythm, Strength and Body Balancing (Intellectual skills)	Rhythm, Posture , Alignment, Coordination and Facial Expressions (Intellectual skills)	<ul style="list-style-type: none"> Rhythm, Flexibility coordination, and body balancing
Methodology	<ul style="list-style-type: none"> Explain each movement separately — how to hold posture, coordinate hands and legs, and isolate the head. 	<ul style="list-style-type: none"> Count beats (1–2–3–4 or 1–2–...–16) so students connect numbers with rhythm. 	<ul style="list-style-type: none"> Teacher will give the students live demonstration Smart Class 	<ul style="list-style-type: none"> Teacher shows basic movements/recitation.

<p style="text-align: center;">Assessments</p>	<ul style="list-style-type: none"> • Clear rhythm, confident moves, expressive style, good group coordination 	<ul style="list-style-type: none"> • Clear rhythm, steady clapping, and confident, group sync. 	<ul style="list-style-type: none"> • Clear rhythm, confident moves, expressive style, good group coordination 	<ul style="list-style-type: none"> • Remembers and performs all topics with rhythm, confidence, and teamwork.
<p style="text-align: center;">Cross cutting theme</p>	<ul style="list-style-type: none"> • Self-Confidence & Personality Development 	<ul style="list-style-type: none"> • Builds focus, relaxation, and coordination through simple rhythmic activity. 	<ul style="list-style-type: none"> • Encourages individuality as students add their own style to bounce, clap, and walk steps. 	<ul style="list-style-type: none"> • Memory & Recall