



	April	May	June
Contents	<ul style="list-style-type: none"> Warm-up Stretching Shimla Naati 	<ul style="list-style-type: none"> Warm-up Stretching Practice of expressions with hand gestures 	<ul style="list-style-type: none"> Warm-up Stretching Gintkari Tihai
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance Learn Shimla Natti and its rhythm 	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance Learn Practice of expressions with hand gestures dance steps and its rhythm 	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance able to perform Gintkari Tihai steps and its rhythm
Skills	Rhythm, Balance, Coordination , Mobility and Culture based ability (Intellectual Skill)	Extension, Rhythm , Build Strength , Stamina and Flexibility	Coordination ,Rhythm , Stamina and perseverance, Culture based ability (Intellectual Skill)
Methodology	<ul style="list-style-type: none"> Arrange students in circle or semi-circle. Practice synchronized steps with live or recorded folk music. 	<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"> Students learn by performing footwork patterns with live rhythm Teacher guides the beats and syllables (bols) while encouraging self-practice.
Assessments	<ul style="list-style-type: none"> Precision of steps with music Group harmony in circle 	<ul style="list-style-type: none"> Footwork & Coordination, Body Control & Grace. 	<ul style="list-style-type: none"> Footwork & Coordination, Body Control & Grace.
Cross Cutting Theme	<ul style="list-style-type: none"> Cultural Heritage – Preserves Himachali traditions and identity, Group performance builds unity and teamwork, Promotes respect, harmony, and gratitude 	<ul style="list-style-type: none"> Use gestures to depict everyday actions (like offering, blessing, greeting) to build narrative clarity. Combine hand gestures (mudras) with matching facial emotions to convey meaning. 	<ul style="list-style-type: none"> Builds counting, fractions, and pattern recognition. Enhances precision, timing, and logical sequencing
Integration			Integrate with Math (Playing with Number)
	July	August	September
Contents	<ul style="list-style-type: none"> Warm-up Stretching Importance of rhythm in Kathak 	<ul style="list-style-type: none"> Warm-up Stretching Hip hop (basic grooves bounces and rock) 	<ul style="list-style-type: none"> Warm-up Stretching Importance of storytelling in Kathak
Learning Outcomes	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of Retro dance Develop their dance skills through Importance of rhythm in Kathak dance 	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance learn Hip hop (basic grooves bounces and rock) 	Students will be able to <ul style="list-style-type: none"> Understand the basic knowledge of dance Develop their dance skill through Importance of storytelling in Kathak dance

Skills	Rhythm , Flexibility, Extension, Build Strength and Flexibility	Extension, Rhythm ,Build Strength , Facial Expression and Body Balancing(Intellectual Skills)	Extension, Rhythm , Facial Expression, Build Strength and Flexibility
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"> Stretching, strength drills (push-ups, core exercises). Introduce simple spins (backspin, windmill basics). 	<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.
Assessments	<ul style="list-style-type: none"> Footwork & Coordination, Body Control & Grace. 	<ul style="list-style-type: none"> Accuracy, control, execution 	<ul style="list-style-type: none"> Footwork & Coordination, Body Control & Grace.
Cross Cutting Theme	<ul style="list-style-type: none"> Counting, fractions, and cycle awareness. Timing, coordination, and logical sequencing , Enhances focus and mental agility 	<ul style="list-style-type: none"> Encourages individuality and freestyle movement , Group practice fosters inclusivity and teamwork 	<ul style="list-style-type: none"> Creativity & Expression – Enhances emotional depth through Abhinaya (expression) Conveys morals, devotion, and social lessons

	October	November	December	Jan/Feb
Contents	<ul style="list-style-type: none"> Warm-up Stretching Hip Hop (slide, wave) 	<ul style="list-style-type: none"> Warm-up Stretching Meaning of Laya (Vilambit, Madhya, Drut) 	<ul style="list-style-type: none"> Warm-up Stretching and Christmas dance 	<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 Hip Hop (slide, wave) 	<p>Students will be able to</p> <ul style="list-style-type: none"> Understand the basic knowledge of Meaning of Laya (Vilambit, Madhya, Drut) dance Develop their dance skills through hand Meaning of Laya (Vilambit, Madhya, Drut) 	<p>Students will be able to</p> <ul style="list-style-type: none"> Understand the basic knowledge of dance Perform Christmas theme dance and its rhythm 	<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	Stamina, Extension, Rhythm , Build Strength and Flexibility	Flexibility , Extension, Rhythm , Build Strength and Flexibility	Posture , Extension, Rhythm , Build Strength and Flexibility	<ul style="list-style-type: none"> Rhythm, Flexibility coordination, and body balancing
Methodology	<ul style="list-style-type: none"> Stretching, strength drills (push-ups, core exercises). Introduce simple spins (backspin, windmill basics). 	<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"> Stretching, strength drills (push-ups, core exercises). Introduce simple spins (backspin, windmill basics). 	<ul style="list-style-type: none"> Teacher shows basic movements/recitation

Assessments	<ul style="list-style-type: none"> • Accuracy, control, execution 	<ul style="list-style-type: none"> • Footwork & Coordination, Body Control & Grace. 	<ul style="list-style-type: none"> • Accuracy, control, execution 	<ul style="list-style-type: none"> • Memory & Recall
Cross Cutting Theme	<ul style="list-style-type: none"> • Connects to global urban dance culture, Enhances rhythm sense, sequencing, and musicality. 	<ul style="list-style-type: none"> • Counting, fractions, and rhythmic cycles. Timing, sequencing, and logical coordination. Improvisation within different tempos. 	<ul style="list-style-type: none"> • Celebrates global traditions and festive spirit. Group performance fosters unity and joy. Dance conveys celebration and storytelling 	<ul style="list-style-type: none"> • Remembers and performs all topics with rhythm, confidence, and teamwork.