

Annual planner- Dance (2026-2027)- Class 7th
Queen Mary's school
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Month	Theme	Content	Methodology/Suggested way of application	Learning Outcomes
	The Basic Elements in Art Form of Dance	<p>1. Movement of Different Parts of the Body: Students will explore how to move various parts of their body independently and in coordination with each other. This includes legs, arms, hands, feet, head, and torso movements.</p> <p>2. Expressions: Focus will be placed on using facial expressions to convey emotions and tell a story through dance.</p> <p>Literature in Dance: Introduction to how dance can be a form of storytelling, emphasizing the use of body language and expressions to narrate tales or express feelings.</p>	<p>1. Discussion and Practical Application: The course will begin with discussions on different types of walking and the significance of hand movements in coordination with facial expressions. This theoretical understanding will then be applied practically through dance routines.</p> <p>2. Interactive Learning: Students will engage in interactive learning sessions where they can experiment with various movements and expressions, receiving immediate feedback.</p> <p>3. Literature and Dance: Exploring the language of dance through literature, understanding how narratives can be built and expressed through movement.</p>	<p>1. Understanding Basic Dance Elements: Students will gain a foundational understanding of the basic elements of dance, including body movement and expression.</p> <p>2. Expression Through Movement: Students will learn to effectively use their body and facial expressions to convey emotions and tell stories.</p> <p>3. Appreciation of Dance as a Form of Art: Students will develop an appreciation for dance not just as a physical activity but as a form of art that involves creativity, expression, and storytelling.</p>
	International Dance Day	<p>1. Celebrating International Dance Day on April 29th, acknowledging dance's positive influence on our lives.</p>	<p>1. Utilizing interactive discussions, multimedia presentations, and practical dance workshops to explore various dance forms globally.</p>	<p>1. Promote global awareness of the diverse forms of dance.</p> <p>2. Encourage appreciation for dance's cultural and emotional significance.</p>

April	Bhumi Pranam	<p>1. Exploring the deep connection between a dancer and Mother Nature, highlighting how inspiration is drawn from natural elements.</p>	<p>1. Introduction to the concept of Bhumi Pranam, emphasizing reverence for Earth.</p> <p>2. Demonstrating the physical gestures involved in Bhumi Pranam and their symbolic meanings.</p> <p>3. Discussing the importance of connecting with nature in dance practices.</p>	<p>1. Understand Bhumi Pranam as a practice of showing respect to Mother Earth.</p> <p>2. Recognize the significance of drawing inspiration from nature in dance.</p> <p>3. Develop a personal interpretation of how nature influences dance movements and expressions.</p>
	Performance of Chakkar with Ease and Speed	<p>1. Highlighting how Chakkar (spins) bring energy and dynamism to Kathak dance performances, emphasizing their role in the expression and storytelling aspects of the dance.</p>	<p>1. Introduction to Chakkar: Begin with an explanation of what Chakkar are and their significance in Kathak.</p> <p>2. Techniques for Stability: Teach techniques for maintaining balance and stability during spins, including focus points and footwork.</p> <p>3. Building Speed Gradually: Start with slow spins to master the technique, then gradually increase speed while maintaining form and grace.</p>	<p>1. Mastery of Chakkar: Achieve proficiency in performing Chakkar with both ease and speed.</p> <p>2. Improved Balance and Control: Develop enhanced balance and control while executing spins.</p> <p>3. Expressive Performance: Learn to use Chakkar as a means of adding energy and dynamism to performances, enhancing overall expression.</p>

	<p>Body Fitness Exercise</p>	<p>1. Stressing the necessity for dancers to have superb balance and coordination, highlighting the advice to engage in at least 20 minutes of stretching daily to boost flexibility and mobility.</p>	<p>1. Establish a Stretching Routine: Initiate a daily regimen focusing on stretching for flexibility, particularly in muscles pivotal for dance.</p> <p>2. Incorporate Balance and Coordination Exercises: Blend in exercises aimed at enhancing core strength, stability, and the smooth execution of dance movements.</p> <p>3. Monitor Progress: Set up a system for regularly assessing improvements in flexibility, balance, and coordination to ensure targeted growth.</p>	<p>1. Flexibility Improvement: Noticeable enhancement in flexibility, leading to a wider range of motion and decreased risk of injuries.</p> <p>2. Balance and Coordination: Elevated balance and coordination, critical for precise and graceful dance performances.</p> <p>3. Sustained Dance Fitness: Maintenance of a steady fitness level tailored to dance, promoting overall health and performance endurance.</p>
	<p>Basic Knowledge of Kathak</p>	<p>1. Introduction to Kathak: Overview of Kathak's history, evolution, and its place within classical Indian dance forms.</p> <p>2. Key Elements: Exploration of Kathak's fundamental components such as footwork (Tatkar), spins (Chakkar), and expressive gestures (Abhinaya).</p> <p>3. Rhythmic Patterns: Understanding the role of rhythm in Kathak, including the use of bols and the importance of timing and synchronization with music.</p>	<p>1. Interactive Sessions: Use of multimedia presentations and interactive discussions to provide a comprehensive overview of Kathak.</p> <p>2. Practical Demonstrations: Engaging in practical demonstrations to experience the basic movements and rhythms of Kathak firsthand.</p>	<p>1. Foundational Knowledge: Gain a solid foundation in the history, techniques, and cultural significance of Kathak.</p> <p>2. Appreciation for Kathak: Develop an appreciation for the art form's intricacy, expressive depth, and aesthetic beauty.</p> <p>3. Initial Skill Development: Acquire basic skills in Kathak's fundamental movements and rhythmic patterns, setting the stage for further learning and exploration.</p>

May	Labour Day	<p>1. Celebrating Workers Through Dance: Choreograph dances that tell stories of labor, hard work, and the contributions of workers to society, reflecting on the history and significance of Labour Day.</p> <p>2. Inspirational Movements: Incorporate movements that symbolize strength, unity, and the dignity of labor, using dance as a form of expression to honor the spirit of Labour Day.</p>	<p>1. Collaborative Choreography: Involve students in creating dance sequences that reflect the themes of Labour Day, encouraging teamwork and creative expression.</p> <p>2. Reflective Discussion: Follow up with discussions on the importance of Labour Day, how it relates to the world of dance, and the role of physical labor in artistic creation.</p>	<p>1. Awareness of Labour Day: Gain an understanding of the history and importance of Labour Day and how it can be represented through the medium of dance.</p> <p>2. Appreciation for Labour: Develop a deeper appreciation for the value of labor in both the arts and society, fostering a sense of respect and unity.</p>
	Various Forms of Western Dance	<p>1. Exploration of a wide array of Western dance forms, including Ballet, Breakdancing, Salsa, Hip Hop, Contemporary, Tap Dance, Jazz Dance, Tango, Cha Cha, Swing, Waltz, and Hand Dancing. Each style represents unique cultural origins, techniques, and expressions.</p>	<p>1. Comparative Analysis: Introduce each dance form through videos and demonstrations, highlighting their historical context, foundational steps, and characteristic movements.</p> <p>2. Hands-on Practice: Provide opportunities for students to learn and practice the basic steps of each dance style, emphasizing the diversity an</p>	<p>1. Broadened Dance Knowledge: Students will gain a comprehensive understanding of the variety and cultural significance of different Western dance forms.</p> <p>2. Skill Diversity: Develop a foundational skill set in a range of dance styles, enhancing their versatility and appreciation for dance as a form of artistic expression.</p>
June	NA			
	Discussion of Laya in Kathak	<p>1. Understanding Laya: Define Laya in the context of Kathak, emphasizing its role in determining the rhythm and tempo of a performance.</p> <p>2. Types of Laya: Explore the different types of Laya (Vilambit, Madhya, and Drut) and how they influence the expression and dynamism of Kathak dance.</p> <p>3. Application in Kathak: Discuss practical applications of Laya in Kathak, illustrating how variations in tempo can alter the mood and storytelling aspects of a performance.</p>	<p>1. Demonstrations and Practice: Use demonstrations to show the effect of different Layas on dance sequences, followed by guided practice sessions for students to experiment with varying tempos.</p> <p>2. Interactive Learning: Incorporate interactive sessions where students analyze performances to identify and discuss the Laya used, fostering a deeper understanding through observation and discussion.</p>	<p>1. Comprehension of Laya: Students will develop a thorough understanding of Laya and its significance in Kathak, enabling them to recognize and apply different tempos in their performances.</p> <p>2. Enhanced Musicality: Gain an improved sense of musicality and rhythm, learning to adapt their dance movements to complement the Laya, thereby enriching their overall Kathak performance.</p>

July

<p>Basic Knowledge of Teen Taal in Kathak</p>	<ol style="list-style-type: none"> 1. Introduction to Teen Taal: Understanding Teen Taal as a rhythmic cycle of 16 beats, its structure, and its significance in Kathak performances. 2. Expression Through Teen Taal: Exploring how Teen Taal is used to express various emotions and narratives within Kathak dance. 3. Practical Application: Demonstrating the incorporation of Teen Taal in compositions and improvisations within Kathak choreography. 	<ol style="list-style-type: none"> 1. Rhythmic Pattern Exercises: Practicing the 16-beat cycle through clapping and recitation to internalize its rhythm. 2. Dance Practice: Applying Teen Taal in dance routines, focusing on synchronization with the rhythm. 	<ol style="list-style-type: none"> 1. Mastery of Teen Taal: Gain proficiency in recognizing and performing within the Teen Taal rhythmic cycle. 2. Enhanced Musicality: Develop an enhanced sense of musicality and timing in Kathak dance through the application of Teen Taal.
<p>Tatkar Foot Movements in Kathak</p>	<ol style="list-style-type: none"> 1. Basics of Tatkar: Introduction to Tatkar (footwork) and its foundational role in Kathak, emphasizing the variety of steps and their execution. 2. Complexity and Variation: Exploring the complexity of Tatkar patterns and how they vary with different Layas (tempos). 3. Integration with Dance: The importance of integrating Tatkar seamlessly into Kathak performances for rhythmic and visual enhancement. 	<ol style="list-style-type: none"> 1. Step-by-Step Instruction: Breaking down Tatkar steps for detailed practice, starting from simple to complex patterns. 2. Rhythm and Coordination Drills: Focusing on drills to improve rhythm and coordination between footwork and the accompanying music. 	<ol style="list-style-type: none"> 1. Proficiency in Tatkar: Attain a high level of proficiency in executing Tatkar footwork accurately and expressively. 2. Rhythmic Integration: Master the integration of Tatkar with different rhythms and Layas, enhancing overall Kathak performance.
<p>Dance Discipline</p>	<ol style="list-style-type: none"> 1. Importance of Discipline: Emphasizing the importance of discipline in dance practice, including punctuality, practice regimen, and respect for the art form. 2. Focus and Dedication: The role of focus and dedication in mastering dance techniques and performances. 	<ol style="list-style-type: none"> 1. Structured Routine: Implementing a structured routine for practice sessions to instill discipline. 2. Guidance and Feedback: Providing continuous guidance and feedback to encourage discipline in learning and improvement. 	<ol style="list-style-type: none"> 1. Development of Discipline: Develop a disciplined approach to dance practice and performance. 2. Enhanced Performance Quality: Achieve a higher quality of dance performance through dedicated practice and adherence to discipline.

	<p>Various Forms of Classical Dance</p>	<ol style="list-style-type: none"> 1. Overview of Classical Dances: Introducing the eight recognized classical dances of India, their origins, and unique characteristics. 2. Cultural Significance: Exploring the cultural and historical significance of each classical dance form. 3. Comparative Study: Highlighting the distinct styles, costumes, music, and storytelling methods of each dance form. 	<ol style="list-style-type: none"> 1. Visual Presentations: Utilizing visual aids and presentations to provide a comprehensive overview of each classical dance form. 2. Interactive Discussions: Encouraging interactive discussions to deepen understanding and appreciation for the diversity of classical dances. 	<ol style="list-style-type: none"> 1. Broadened Knowledge: Gain a broad understanding of the diversity and richness of India's classical dance forms. 2. Appreciation for Cultural Diversity: Develop an appreciation for the cultural diversity represented by the different classical dances.
	<p>Hand Mudras in Kathak</p>	<ol style="list-style-type: none"> 1. Introduction to Hand Mudras: Explain the concept of Mudras (hand gestures) in Kathak and their significance in storytelling and emotional expression. 2. Types of Mudras: Overview of various Mudras used in Kathak, including their names, meanings, and how they are formed. 3. Use in Performance: Discuss how Mudras enhance narrative elements, convey emotions, and add to the visual appeal of a Kathak performance. 	<ol style="list-style-type: none"> 1. Practical Demonstrations: Instruct students through practical demonstrations of each Mudra, encouraging them to observe and mimic the gestures accurately. 2. Application Exercises: Integrate Mudras into dance sequences, allowing students to practice using them in context, enhancing their storytelling and expressive skills. 	<ol style="list-style-type: none"> 1. Mastery of Mudras: Students will be able to accurately perform a variety of Mudras and understand their meanings and significance in Kathak. 2. Enhanced Expressive Ability: Through the use of Mudras, students will enhance their ability to express stories and emotions through dance, enriching their overall Kathak performance.
	<p>Preparation of Independence Day Dance Drama</p>	<ol style="list-style-type: none"> 1. Historical Themes: Focus on themes reflecting India's struggle for independence, incorporating stories of freedom fighters and iconic moments in history. 2. Cultural Integration: Incorporate diverse cultural elements and dance forms from across India to showcase unity in diversity. 	<ol style="list-style-type: none"> 1. Script Development: Work collaboratively to develop a script that intertwines dance and drama, telling a compelling story of India's independence. 2. Role Allocation and Rehearsals: Assign roles based on students' strengths and conduct regular rehearsals to perfect the performance. 	<ol style="list-style-type: none"> 1. Understanding of History: Gain a deeper understanding and appreciation for India's independence history and cultural heritage. 2. Performance Skills: Enhance acting and dance skills, learning to express complex narratives through performance.

August	Percussion of Instruments in Kathak	<ol style="list-style-type: none"> 1. Role of Percussion: Explore the significance of percussion instruments in Kathak, such as the tabla, for rhythm and tempo. 2. Interaction with Dance: Understand how dancers interact with percussion rhythms to create synchronized performances. 	<ol style="list-style-type: none"> 1. Listening Exercises: Listen to various Kathak performances to identify and understand the percussion elements. 2. Rhythm Matching: Practice matching dance steps with percussion beats to improve synchronization and timing. 	<ol style="list-style-type: none"> 1. Rhythmic Awareness: Develop an enhanced sense of rhythm and timing in relation to percussion instruments. 2. Improved Synchronization: Achieve better synchronization between dance movements and musical beats.
	Zumba Session	<ol style="list-style-type: none"> 1. Fitness through Dance: Introduce Zumba as a fun, energetic way to improve fitness through dance. 2. Cultural Fusion: Highlight the fusion of Latin and international music and dance styles in Zumba. 	<ol style="list-style-type: none"> 1. Routine Learning: Learn and practice Zumba routines, focusing on rhythm and coordination. 2. Group Sessions: Participate in group Zumba sessions to enhance energy and motivation through community participation 	<ol style="list-style-type: none"> 1. Improved Fitness: Noticeable improvement in overall fitness, stamina, and cardiovascular health. 2. Dance Skills: Gain confidence and skill in performing diverse dance styles featured in Zumba.
	Feet Movement or Pad Sanchalan in Kathak	<ol style="list-style-type: none"> 1. Basic Techniques: Understand the basic techniques and significance of feet movement in Kathak. 2. Complex Patterns: Learn about complex footwork patterns and their executi 	<ol style="list-style-type: none"> 1. Step-by-Step Instruction: Break down foot movements into manageable steps for practice. 2. Rhythm Integration: Practice footwork in conjunction with rhythmic beats, emphasizing timing and precision. 	<ol style="list-style-type: none"> 1. Proficiency in Footwork: Achieve proficiency in executing complex Kathak footwork patterns. 2. Rhythmic Coordination: Improve coordination between foot movements and rhythmic cycles.
	Introduction of Folk Dance	<ol style="list-style-type: none"> 1. Diversity of Folk Dance: Explore the rich diversity of folk dances in India, highlighting their cultural and regional significance. 2. Characteristics and Styles: Understand the unique characteristics, styles, and costumes of various folk dances. 	<ol style="list-style-type: none"> 1. Demonstrations and Videos: Use demonstrations and video presentations to introduce different folk dances. 2. Practical Workshops: Organize workshops where students can learn and practice basic steps of various folk dances. 	<ol style="list-style-type: none"> 1. Cultural Appreciation: Develop an appreciation for the diversity and cultural significance of folk dances. 2. Dance Skills: Gain basic skills in performing various folk dance styles, enhancing versatility as a dancer.

September	Preparation of Teacher's Day Dance	<p>1. Celebrating Educators: Design dances that highlight the hard work and dedication of teachers, showcasing the role they play in shaping futures.</p> <p>2. Expressions of Gratitude: Use dance to express gratitude and respect, creating a heartfelt tribute to teachers on their special day.</p>	<p>1. Creative Brainstorming: Facilitate brainstorming sessions where students can share ideas and stories about their teachers to inspire the choreography.</p> <p>2. Rehearsal Routines: Establish regular rehearsal schedules to refine the dance, focusing on synchronization and expression.</p>	<p>1. Teamwork and Collaboration: Students learn the value of working together towards a common goal, enhancing their teamwork skills.</p> <p>2. Emotional Expression: Develop the ability to convey appreciation and respect through dance, improving emotional expression.</p>
	Preparation of One Folk Dance	<p>1. Cultural Exploration: Introduce students to a specific folk dance, highlighting its cultural background, significance, and traditional movements.</p> <p>2. Storytelling through Dance: Explain how the folk dance tells a story or celebrates particular aspects of life, community, or history.</p>	<p>1. Step-by-Step Learning: Break down the dance into easy-to-learn steps, ensuring students grasp the basics before moving on to more complex sequences.</p> <p>2. Cultural Immersion: Use music, costumes, and props that are authentic to the dance's origin, providing a richer learning experience.</p>	<p>1. Cultural Appreciation: Students gain an appreciation for the diversity of world cultures through the exploration of folk dance.</p> <p>2. Dance Skills Development: Improve dance skills, including rhythm, coordination, and the ability to learn and remember dance sequences.</p>
	Preparation of Western Dance	<p>1. Exploring Western Dance Genres: Introduce a variety of Western dance styles, such as ballet, contemporary, jazz, and hip-hop, highlighting their unique characteristics and histories.</p> <p>2. Choreography Techniques: Focus on the fundamentals of choreographing Western dances, incorporating steps, rhythms, and expressions specific to each genre.</p>	<p>1. Genre Workshops: Conduct workshops for each Western dance genre, allowing students to learn and practice the foundational movements and techniques.</p> <p>2. Creative Expression Sessions: Encourage students to create their own dance routines using the elements learned, fostering creativity and personal expression.</p>	<p>1. Versatility in Dance: Students will gain the ability to perform various Western dance styles, enhancing their versatility as dancers.</p> <p>2. Creative Choreography Skills: Develop skills in choreographing dances, enabling students to express themselves creatively through movement and rhythm.</p>

	<p>Terminology Pertaining to Taal to be Discussed</p>	<p>1. Understanding Taal: Introduce the concept of Taal in Indian classical music and dance, explaining its role in maintaining rhythm and time cycle.</p> <p>2. Exploring Nine Taals: Dive into the study of nine specific Taals, such as Teen Taal, Dadra, and Rupak, understanding their structure, beats, and unique characteristics.</p>	<p>1. Interactive Lessons: Use interactive teaching methods, such as audio-visual aids and live demonstrations, to help students grasp the complexities of each Taal.</p> <p>2. Practical Application: Engage students in practical exercises where they clap or play instruments to the rhythm of each Taal, reinforcing their understanding through practice.</p>	<p>1. Rhythmic Knowledge: Students will develop a foundational understanding of different Taals and their significance in music and dance.</p> <p>2. Enhanced Musicality: Improve their musicality and ability to recognize and keep time with various Taals, aiding in their overall performance skills.</p>
<p>October</p>	<p>Preparation According to Gandhi Jayanti</p>	<p>1. Values and Philosophy: Discuss Mahatma Gandhi's values and philosophies, such as non-violence and truth, and how they can be expressed through dance.</p> <p>2. Historical Context: Provide background on Gandhi Jayanti, highlighting its importance in Indian history and culture.</p>	<p>1. Thematic Choreography: Create dances that reflect Gandhi's principles, using movements that convey peace, unity, and resilience.</p> <p>2. Storytelling Through Dance: Use dance to tell stories from Gandhi's life or depict scenes that illustrate his teachings.</p>	<p>1. Cultural Appreciation: Students will gain an appreciation for Gandhi's impact on Indian history and the importance of his teachings.</p> <p>2. Expressive Skills: Develop the ability to express complex ideas and emotions through dance, enhancing their storytelling and interpretative skills.</p>
	<p>Body Movement Including Hand Movement, Face Expression, Formation of Figures</p>	<p>1. Comprehensive Movement: Explore the integration of hand movements, facial expressions, and body figures in dance to convey emotion and narrative.</p> <p>2. Expressive Techniques: Learn specific techniques for using hand gestures, facial expressions, and body formations to enhance the expressiveness of a performance.</p>	<p>1. Technique Workshops: Conduct workshops focused on each aspect of movement—hand, face, and body formations—to teach students how to effectively use their bodies in dance.</p> <p>2. Combined Practice: Practice combining these elements in choreography to tell a story or express emotions more vividly.</p>	<p>1. Enhanced Expressiveness: Students will be able to more effectively convey emotions and narratives through integrated body movements.</p> <p>2. Technical Skill Development: Gain proficiency in specific dance techniques related to hand movements, facial expressions, and body formations.</p>

	Teaching One Semi-Classical Dance	<p>1. Introduction to Semi-Classical Dance: Provide an overview of semi-classical dance, highlighting its fusion of classical and contemporary dance elements.</p> <p>2. Learning a Choreography: Focus on learning a specific semi-classical dance piece, understanding its rhythm, movements, and emotional expression.</p>	<p>1. Step-by-Step Instruction: Break down the dance into manageable steps and sequences, ensuring students understand and can execute each part.</p> <p>2. Expression and Rhythm: Emphasize the importance of emotional expression and rhythm in semi-classical dance, incorporating exercises to develop these skills.</p>	<p>1. Semi-Classical Dance Skills: Students will acquire the skills to perform a semi-classical dance, understanding its blend of traditional and modern elements.</p> <p>2. Creative Expression: Develop an ability to express themselves creatively through dance, using the semi-classical style to explore a fusion of techniques.</p>
November	Children's Day Preparation	<p>1. Celebrating Childhood: Focus on creating performances that celebrate childhood, incorporating themes of joy, playfulness, and the innocence of being young.</p> <p>2. Tribute to Chacha Nehru: Include elements that pay tribute to Jawaharlal Nehru (Chacha Nehru), highlighting his love for children and his vision for their bright future.</p>	<p>1. Creative Expression Workshops: Organize workshops where children can explore and express their own ideas about childhood through dance and performance.</p> <p>2. Collaborative Choreography: Encourage children to work together in groups to create dance pieces that reflect the themes of Children's Day, fostering teamwork and creativity.</p>	<p>1. Creativity and Expression: Children will learn to express themselves creatively, developing their ability to convey emotions and stories through dance.</p> <p>2. Understanding of Nehru's Legacy: Gain an understanding of Jawaharlal Nehru's contributions to children's welfare and his vision for the future, fostering respect and appreciation for his legacy.</p>
	Importance and Use of Ghungroo in Kathak	<p>1. Significance of Ghungroo: Teach about the ghungroo's significance in Kathak, highlighting how it accentuates the rhythmic footwork and adds to the auditory experience of the performance.</p> <p>2. Techniques of Wearing and Dancing: Explain the correct way to wear ghungroos and the techniques of dancing to ensure they produce the desired sound that complements the dance's rhythm.</p>	<p>1. Practical Demonstration: Provide demonstrations on how to tie ghungroos properly and practice basic footwork to get accustomed to the sound they produce.</p> <p>2. Rhythmic Exercises: Engage students in rhythmic exercises that teach them how to synchronize their footwork with the sound of ghungroos.</p>	<p>1. Appreciation for Ghungroo: Children will develop an appreciation for the cultural and practical importance of ghungroos in Kathak.</p> <p>2. Rhythmic Proficiency: Gain proficiency in using ghungroos to enhance their footwork, improving their overall performance in Kathak.</p>

<p>Preparation of Diwali Song Performance</p>	<p>1. Festival of Lights: Introduce the significance of Diwali, focusing on themes of light, joy, and community, to be reflected in the song and dance performance.</p> <p>2. Incorporation of Traditional and Contemporary Elements: Blend traditional Diwali songs with contemporary dance moves to create a vibrant performance.</p>	<p>1. Song Selection and Choreography: Assist students in selecting appropriate Diwali songs and choreographing dances that reflect the festive spirit.</p> <p>2. Performance Practice: Conduct regular practice sessions to perfect the choreography and ensure synchrony among performers.</p>	<p>1. Cultural Understanding: Children will gain a deeper understanding of Diwali's cultural importance and how it's celebrated through music and dance.</p> <p>2. Performance Skills: Develop performance skills, including dance, coordination, and expression, in the context of a group performance.</p>
<p>Preparation of Folk Dance Related to Punjab, Haryana, Rajasthan, Maharashtra, Kashmir</p>	<p>1. Diversity of Folk Dances: Introduce the unique folk dances from each state—Bhangra (Punjab), Ghoomar (Rajasthan), Lavani (Maharashtra), Dhamal Dance (Haryana), and Rouf (Kashmir)—highlighting their cultural significance and distinctive movements.</p> <p>2. Cultural and Historical Background: Explore the cultural and historical contexts behind each dance, understanding the occasions they are performed on and the stories they tell.</p>	<p>1. Regional Dance Workshops: Conduct separate workshops for each folk dance, allowing students to learn the specific movements, rhythms, and expressions characteristic of each state's dance form.</p> <p>2. Cultural Immersion: Use multimedia presentations, traditional music, and costumes to immerse students in the culture of each state, enhancing their learning experience.</p>	<p>1. Appreciation of Cultural Diversity: Students will develop an appreciation for the diversity of Indian folk dances and the rich cultural heritage they represent.</p> <p>2. Skill in Folk Dances: Gain proficiency in performing the folk dances of Punjab, Haryana, Rajasthan, Maharashtra, and Kashmir, understanding their unique techniques and expressions.</p>
<p>Preparation of Christmas Dance and Celebration</p>	<p>1. Festive Themes: Focus on choreographing dances that capture the spirit of Christmas, incorporating themes of joy, giving, and festive celebrations.</p> <p>2. Global Christmas Traditions: Explore and incorporate dance movements inspired by Christmas celebrations from around the world, showcasing the diversity of the holiday season.</p>	<p>1. Workshops on Festive Choreography: Conduct workshops to teach and rehearse Christmas-themed dance routines, emphasizing coordination and expression.</p> <p>2. Cultural Exploration Sessions: Organize sessions to learn about and integrate various global Christmas traditions into dance performances.</p>	<p>1. Cultural Appreciation: Children will gain an appreciation for the universal joy and diversity of Christmas celebrations through dance.</p> <p>2. Performance Skills: Develop skills in performing festive dances, enhancing their ability to express joy and holiday spirit through movement.</p>

<p>December</p>	<p>Navras in Classical Dance</p>	<p>1. Exploration of Navras: Introduce the concept of Navras (the nine emotions) in classical dance, explaining how each rasa is expressed through dance movements, facial expressions, and gestures.</p> <p>2. Practical Examples: Provide examples of classical dance pieces that exemplify each of the nine rasas, such as love (Shringara), laughter (Hasya), fury (Raudra), and peace (Shanta).</p>	<p>1. Emotional Expression Workshops: Conduct workshops focused on the expression of each rasa, teaching students how to convey emotions effectively through dance.</p> <p>2. Performance Practice: Practice dances that incorporate various rasas, allowing students to explore and express a range of emotions.</p>	<p>1. Understanding of Navras: Children will understand the concept of Navras and its importance in classical dance, recognizing how emotions are conveyed through art.</p> <p>2. Expressive Versatility: Gain the ability to express a wide range of emotions through dance, enhancing their expressive versatility and performance depth.</p>
	<p>Kaviths in Kathak</p>	<p>1. Introduction to Kaviths: Explain Kaviths as lyrical compositions in Kathak that blend poetry with dance, showcasing rhythm, expression, and storytelling.</p> <p>2. Understanding Expression and Rhythm: Dive into the nuances of expressing the poetry of Kaviths through Kathak's intricate footwork, gestures, and facial expressions, synchronized with rhythmic patterns.</p>	<p>1. Lyrical Analysis and Interpretation: Break down the lyrics of Kaviths to understand their meaning and how they relate to the dance movements, emphasizing interpretation and expression.</p> <p>2. Practical Dance Sessions: Practice sessions focusing on executing the rhythmic patterns and expressions that bring the poetry of Kaviths to life through dance.</p>	<p>1. Appreciation for Poetry in Dance: Children will develop an appreciation for the integration of poetry and dance in Kathak, understanding how emotions and stories are conveyed through Kaviths.</p> <p>2. Enhanced Expressive Skills: Gain enhanced skills in expressing complex emotions and narratives, improving their overall performance and storytelling abilities in Kathak.</p>
<p>January</p>	<p>Basic Steps of Various Western Dance</p>	<p>1. Introduction to Styles: Introduce the basic steps of popular Western dance styles such as ballet, jazz, hip-hop, and contemporary, emphasizing their foundational movements.</p> <p>2. Characteristics of Each Style: Highlight the distinct characteristics and movements that define each dance style, providing a clear understanding of their differences.</p>	<p>1. Step-by-Step Instruction: Use detailed instructions and demonstrations to teach the basic steps of each dance style, ensuring students grasp the fundamentals.</p> <p>2. Practice Sessions: Organize practice sessions where students can try out the steps, gradually building their skill and confidence in each style.</p>	<p>1. Dance Style Familiarity: Students will become familiar with the basic steps of various Western dance styles, gaining a broad understanding of Western dance.</p> <p>2. Foundational Skills: Develop foundational dance skills that can be built upon for more advanced learning in any chosen dance style.</p>

	<p>Republic Day Preparation</p>	<p>1. Patriotic Themes: Design dance performances that reflect the patriotic spirit of Republic Day, incorporating themes of freedom, unity, and national pride.</p> <p>2. Cultural Diversity: Showcase India's diverse cultural heritage through dance, including traditional and contemporary styles that represent different regions of the country.</p>	<p>1. Choreography Workshops: Conduct workshops focused on choreographing dances that align with the themes of Republic Day, ensuring each performance tells a meaningful story.</p> <p>2. Collaborative Practice: Promote collaboration among students to create a cohesive and impactful performance, fostering teamwork and creativity.</p>	<p>1. Patriotic Expression: Students will learn to express patriotic sentiments through dance, enhancing their ability to convey powerful messages through performance.</p> <p>2. Appreciation for Diversity: Gain a deeper appreciation for India's cultural diversity and how it contributes to the nation's identity.</p>
	<p>Teach How to Adapt Various Costumes Along with Their Respective Makeup and Props</p>	<p>1. Costume and Makeup Basics: Provide an overview of the types of costumes, makeup, and props used in different dance and theatrical performances, highlighting how they enhance character and performance.</p> <p>2. Adaptation Techniques: Teach techniques for adapting costumes, makeup, and props to suit various dance styles and themes, emphasizing creativity and resourcefulness.</p>	<p>1. Demonstration Sessions: Offer live demonstrations on costume fitting, makeup application, and prop usage, showing how each element can be adapted to fit different performance needs.</p> <p>2. Hands-On Workshops: Give students the opportunity to practice adapting costumes and makeup for themselves, with guidance and feedback from instructors.</p>	<p>1. Costume and Makeup Proficiency: Students will gain the skills to select, adapt, and apply costumes and makeup appropriately for different performances.</p> <p>2. Creative Expression: Develop the ability to creatively express characters and themes through the use of costumes, makeup, and props, enhancing the overall impact of their performances.</p>
	<p>Simple Toda in Kathak</p>	<p>1. Explore the foundational structure and rhythmic patterns of simple Todas in Kathak, highlighting their role in the storytelling aspect of the dance.</p>	<p>1. Step-by-Step Instruction: Begin with a clear explanation of the Toda's structure, followed by step-by-step demonstrations of the movements and footwork.</p> <p>2. Repetition and Practice: Emphasize repetitive practice to help students memorize and execute the Toda with accuracy and grace.</p>	<p>1. Students will learn to perform simple Todas, understanding their significance and how they contribute to the narrative flow of Kathak.</p>

February	Chakra Dar Toda in Kathak	<ol style="list-style-type: none"> Delve into the intricate patterns and dynamic spins of Chakra Dar Todas, focusing on their complexity and the energy they bring to performances. 	<ol style="list-style-type: none"> Detailed Breakdown: Provide a detailed breakdown of the Chakra Dar Toda's components, including the footwork, spins, and rhythm. Guided Practice: Guide students through the process of mastering the Toda, with special attention to maintaining balance and coordination during spins. 	<ol style="list-style-type: none"> Students will master the Chakra Dar Toda, showcasing their ability to perform complex rhythmic patterns and spins with precision.
	One Folk Dance, Different Western Dance, One Semi-Classical Dance	<ol style="list-style-type: none"> Fusion and Diversity: Explore the blending of a specific folk dance with elements of various Western dances and a semi-classical dance, showcasing the rich tapestry of global dance traditions. Technique and Expression: Highlight the technical foundations and expressive possibilities unique to each dance form, emphasizing the contrast and complementarity between folk, Western, and semi-classical styles. Cultural Contexts: Delve into the cultural backgrounds and stories behind each dance style, fostering an understanding of their origins and meanings. 	<ol style="list-style-type: none"> Cross-Genre Workshops: Conduct specialized workshops focused on teaching the fundamentals of each dance genre, facilitating an appreciation for their distinct characteristics. Integrative Choreography: Guide students in creating a cohesive performance piece that integrates elements from the folk, Western, and semi-classical dances, encouraging innovation and creative synthesis. Cultural Appreciation Sessions: Organize interactive sessions that explore the cultural significance of each dance form, enhancing students' connection to the dances beyond mere performance. 	<ol style="list-style-type: none"> Versatile Dance Proficiency: Students will attain a versatile proficiency, capable of performing and blending diverse dance styles from folk and Western to semi-classical, showcasing a unique fusion of techniques and expressions. Cultural Empathy and Creativity: Cultivate a deepened cultural empathy and creative thinking, enabling students to appreciate the diversity of dance traditions and their ability to tell universal stories through movement.

<p>March</p>	<p>Yearly Revision of All the Above Content</p>	<p>1. Comprehensive Review: Undertake a thorough review of the year's curriculum, encompassing the study and practice of various dance forms, including folk, western, semi-classical, and specific elements of Kathak like toda and chakradar toda.</p> <p>2. Key Concepts and Techniques: Focus on reinforcing key concepts, techniques, and terminologies introduced throughout the year, ensuring a solid understanding and retention.</p> <p>3. Integration of Cultural Appreciation: Emphasize the cultural significance behind each dance form and the historical context of specific dance elements, fostering a deeper appreciation and understanding.</p>	<p>1. Interactive Recap Sessions: Utilize interactive sessions, such as quizzes, discussions, and presentation projects, to review and consolidate learning in an engaging manner.</p> <p>2. Practical Workshops: Conduct intensive workshops focused on revisiting and refining the execution of dance techniques and routines learned throughout the year, with a particular emphasis on performance quality and expressiveness.</p>	<p>1. Enhanced Dance Proficiency: Achieve a higher level of proficiency in performing various dance forms with improved technique, expression, and cultural understanding.</p> <p>2. Holistic Understanding: Develop a comprehensive understanding of the curriculum's content, demonstrating the ability to integrate technical skills with cultural appreciation in dance performances.</p>