

Annual planner- Dance (2026-2027)- Class 9th
Queen Mary's school
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Month	Theme	Content	Methodology/Suggested way of application	Learning outcomes
April	Advanced Tatkar Foot Movements in Kathak	<p>1. Advanced Techniques in Tatkar: Delve deeper into the intricacies of Tatkar footwork, focusing on the execution of complex patterns that challenge coordination and stamina. Highlight the significance of precision and clarity in footwork as a means of storytelling and rhythm in Kathak.</p> <p>2. Dynamic Variations and Improvisation: Explore advanced Tatkar sequences that incorporate dynamic tempo changes, improvisation, and the integration of footwork with complex rhythmic cycles (Tala). Discuss how these variations add depth and intensity to performances.</p> <p>3. Expressive Performance Integration: Examine the role of Tatkar in the larger context of a Kathak performance, focusing on how advanced footwork techniques enhance the narrative and emotional expression of the dancer.</p>	<p>1. Precision Workshops: Conduct intensive workshops aimed at refining students' precision in Tatkar through the practice of advanced compositions. Utilize slow-motion analysis and video feedback to highlight and correct minute details in footwork execution.</p> <p>2. Live Musical Collaboration: Introduce live musical accompaniment with tabla players during practice sessions to enhance students' ability to adapt and synchronize their movements with live music, fostering an intuitive understanding of rhythm and timing.</p>	<p>1. Mastery of Advanced Tatkar: Students will demonstrate mastery over advanced Tatkar techniques, showing an ability to perform with precision, clarity, and expressiveness, even in complex rhythmic structures.</p> <p>2. Enhanced Musicality and Performance: Achieve a sophisticated level of musicality and expressiveness in dance, capable of integrating advanced Tatkar footwork seamlessly into expressive Kathak performances, thereby elevating the artistic and emotional impact of their dance.</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>

	<p>Performance of Chakkar with Ease and Speed</p>	<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>Vandana and Shloka in Kathak</p>	<p>1. Understanding Vandana and Shloka: Learn about Vandana, a dance that starts a Kathak performance by showing respect, and Shloka, verses from ancient texts used in dance.</p> <p>2. How They Fit in Kathak: See how these elements add meaning and start the dance with a positive vibe, setting the stage for what's to come.</p> <p>3. Expression Through Dance: Discover how dancers use their body and face to bring the words of Shlokas to life, telling stories without speaking.</p>	<p>1. Learning by Doing: Practice Vandana and Shloka by dancing and using gestures to understand their meaning deeply.</p> <p>2. Watch and Learn: Watch performances and videos to see how professionals do it, then try to incorporate some of their techniques into your dance.</p> <p>3. Feedback and Improve: Perform in front of classmates and teachers to get feedback and work on making your performance better.</p>	<p>1. Show Respect Through Dance: Be able to start a dance showing respect and setting a positive tone for what follows.</p> <p>2. Tell Stories With Dance: Learn to use your dance moves to tell a story, making ancient verses come alive through your performance.</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>
	Tukra in Kathak	<p>1. What is Tukra: Tukra is a piece of Kathak dance that shows off fast and intricate footwork matched with the rhythm of the music.</p> <p>2. Understanding Rhythm: Learn about the rhythm patterns in Tukra and how to match your steps with them.</p> <p>3. Dance Styles: See how Tukra can vary based on different teaching styles, and try to learn a bit from each.</p>	<p>1. Step Practice: Start with the basics and gradually add more steps as you get better, focusing on keeping in sync with the beat.</p> <p>2. Music Matching: Practice with live music or recordings to get a feel for how your dance fits with the rhythm.</p>	<p>1. Master Fast Footwork: Be able to do quick and complex footwork confidently, showing skill and precision in your dance.</p> <p>2. Rhythm and Dance Together: Learn to perfectly match your dance moves with the music, making your performance smooth and impactful.</p>
	Basic Knowledge of Folk Dance in Kathak	<p>1. Folk Influence on Kathak: Explore how traditional folk dances from various regions of India influence Kathak, blending folk elements with classical Kathak techniques.</p> <p>2. Folk Elements in Kathak: Identify specific folk dance movements, rhythms, and expressions that are incorporated into Kathak, showing the rich cultural heritage of India.</p>	<p>1. Comparative Learning: Study folk dances and their elements side by side with Kathak, noting similarities and differences to understand how folk traditions enrich Kathak.</p> <p>2. Practical Application: Practice incorporating folk dance steps into Kathak routines, focusing on adapting folk movements while maintaining the grace and precision of Kathak.</p>	<p>1. Appreciate Cultural Fusion: Students will appreciate how Kathak encompasses and preserves India's diverse cultural heritage through the integration of folk dance elements.</p> <p>2. Versatile Dance Skills: Develop versatile dance skills by learning to blend folk dance movements into Kathak, enhancing their overall dance performance and understanding of Indian dance traditions.</p>
June	NA			
	Dance Disciplines	<p>1. Understanding Discipline: Explore the importance of discipline in dance, including regular practice, attention to detail, and respect for the art form.</p> <p>2. Diverse Disciplines: Learn about the different disciplines within dance, such as ballet, contemporary, and folk, and how each requires a unique approach to training and expression.</p>	<p>1. Routine Development: Establish a structured practice routine that emphasizes consistency, precision, and progression in skill.</p> <p>2. Cross-Discipline Workshops: Participate in workshops across various dance disciplines to experience and appreciate the different approaches and techniques.</p>	<p>1. Strong Work Ethic: Cultivate a strong work ethic and discipline in dance practice, leading to steady improvement and mastery of technique.</p> <p>2. Broad Understanding of Dance: Achieve a broad understanding of various dance disciplines, fostering versatility and a well-rounded approach to dance.</p>

July	Jhaptaal in Kathak	<p>1. Rhythmic Structure: Understand Jhaptaal's 10-beat rhythmic cycle and its significance in Kathak performances.</p> <p>2. Expressive Possibilities: Explore how Jhaptaal offers unique expressive possibilities in Kathak, allowing for intricate footwork and rhythmic variations.</p>	<p>1. Rhythm Exercises: Engage in exercises to internalize the rhythm of Jhaptaal, practicing with hand claps and vocalizations.</p> <p>2. Composition Creation: Encourage the creation of dance compositions that utilize Jhaptaal, focusing on how it can be used to enhance storytelling and expression in Kathak.</p>	<p>1. Mastery of Jhaptaal: Attain proficiency in performing and recognizing Jhaptaal within Kathak, understanding its complexity and beauty.</p> <p>2. Creative Expression: Develop the ability to creatively express through Jhaptaal, using its rhythmic structure to innovate and tell stories through dance.</p>
	Ek Taal in Kathak	<p>1. Understanding Ek Taal: Dive into Ek Taal, a 12-beat rhythmic cycle, and its foundational role in structuring Kathak performances.</p> <p>2. Application in Performance: Learn how Ek Taal is used to build excitement and maintain rhythm in Kathak dances, supporting both the narrative and technical display.</p>	<p>1. Beat Mapping: Practice mapping out the beats of Ek Taal through clapping and recitation, establishing a deep rhythmic understanding.</p> <p>2. Choreography Integration: Integrate Ek Taal into choreography, experimenting with how it can structure and pace a performance.</p>	<p>1. Rhythmic Proficiency: Achieve proficiency in recognizing and executing Ek Taal, enhancing musicality and timing in dance.</p> <p>2. Enhanced Choreographic Skills: Utilize Ek Taal to craft engaging and rhythmically driven Kathak performances, showcasing an advanced level of choreographic skill.</p>
	Basic Knowledge of 5 Regions of Dance	<p>1. Regional Dance Forms: Explore the unique dance forms originating from five different regions of India, understanding their cultural significance and stylistic features.</p> <p>2. Comparative Analysis: Analyze how geographical, cultural, and historical factors influence the dance styles of each region.</p>	<p>1. Visual Learning: Use videos and live performances to visually study the dance forms from each region, noting their distinct characteristics.</p> <p>2. Practical Workshops: Participate in workshops focusing on each regional dance style, allowing for hands-on learning and appreciation of the diversity within Indian dance.</p>	<p>1. Cultural Appreciation: Develop a deep appreciation for the diversity of India's regional dance forms, recognizing the rich tapestry of cultural traditions they represent.</p> <p>2. Adaptive Dance Skills: Gain the ability to adapt and incorporate elements from various regional dance styles into personal dance practice, broadening artistic expression and versatility.</p>
	Preparation of Independence Day Dance Drama	<p>1. Historical Themes: Focus on themes reflecting India's struggle for independence, incorporating stories of freedom fighters and iconic moments in history.</p> <p>2. Cultural Integration: Incorporate diverse cultural elements and dance forms from across India to showcase unity in diversity.</p>	<p>1. Script Development: Work collaboratively to develop a script that intertwines dance and drama, telling a compelling story of India's independence.</p> <p>2. Role Allocation and Rehearsals: Assign roles based on students' strengths and conduct regular rehearsals to perfect the performance.</p>	<p>1. Understanding of History: Gain a deeper understanding and appreciation for India's independence history and cultural heritage.</p> <p>2. Performance Skills: Enhance acting and dance skills, learning to express complex narratives through performance.</p>

	<p>Aamad and Salaami in Kathak</p>	<p>1. Aamad Introduction: Aamad is the introductory dance piece in Kathak, marking the dancer's entrance and is derived from the Persian word meaning 'entry'. It sets the stage for the performance, showcasing the dancer's skill and grace.</p> <p>2. Salaami Significance: Salaami, often performed after Aamad, is a gesture of salutation or greeting. It respects the audience and the divine, incorporating graceful movements and postures.</p> <p>3. Combining Technique and Expression: Both Aamad and Salaami combine technical footwork with expressive gestures, blending rhythm (Taal) and melody (Raag) to create a captivating performance.</p> <p>4. Narrative and Spirituality: These elements are not just about dance; they carry a narrative and spiritual essence, often telling a story or evoking a particular emotion or mood.</p>	<p>1. Step-by-Step Breakdown: Begin with breaking down the footwork, spins, and hand gestures of Aamad and Salaami, teaching each element individually before combining them.</p> <p>2. Music and Rhythm Integration: Practice the movements with live Tabla or recorded music to understand how dance synchronizes with rhythm.</p> <p>3. Expression and Storytelling Workshops: Conduct workshops focused on the expressive aspects of Aamad and Salaami, teaching how to convey stories and emotions through dance.</p> <p>4. Peer Review and Performance: Encourage students to perform Aamad and Salaami for their peers, offering constructive feedback to refine their technique and expression.</p>	<p>1. Mastery of Kathak's Opening Sequences: Students will master the intricacies of Aamad and Salaami, understanding their significance and how to perform them with technical precision and expressive depth.</p> <p>2. Enhanced Performance Skills: Develop the ability to blend technique with expression effectively, elevating their overall Kathak performance through engaging storytelling and emotive dance.</p>
<p>August</p>	<p>Sadharan Toda</p>	<p>1. Understanding Sadharan Toda: Sadharan Toda is a type of Kathak composition characterized by its straightforward, rhythmic patterns that highlight the dancer's skill and precision.</p> <p>2. Role in Kathak: It serves as a building block for more complex compositions, allowing dancers to demonstrate their mastery over rhythm and footwork within the Kathak repertoire.</p>	<p>1. Focused Practice Sessions: Start with clapping and vocalizing the rhythmic cycle (Taal) of Sadharan Toda to internalize its beat, then gradually introduce footwork and spins.</p> <p>2. Combining Elements: Practice integrating Sadharan Toda within a longer dance sequence, focusing on smooth transitions between different types of compositions.</p>	<p>1. Rhythmic Proficiency: Students will achieve proficiency in performing Sadharan Toda, showcasing their ability to maintain rhythm and clarity in footwork.</p> <p>2. Foundation for Complexity: Gain a solid foundation in Kathak that prepares them for learning and executing more complex compositions, enhancing their overall performance skills.</p>

<p>Paran Kavit in Kathak</p>	<p>1. Combination of Percussion and Poetry: Paran Kavit is a Kathak piece that combines the rhythm of percussion (Paran) with the lyrical beauty of poetry (Kavit), showcasing a dancer's ability to interpret rhythm and verse through dance.</p> <p>2. Expressive Techniques: Focus on how dancers use their body, especially footwork and hand gestures, to narrate the poetry and match the percussion, creating a powerful and expressive performance.</p>	<p>1. Rhythmic Interpretation Workshops: Organize workshops to practice the rhythmic aspects of Paran Kavit, helping students learn to match their movements with the percussion patterns.</p> <p>2. Poetry in Motion: Conduct sessions that focus on interpreting the poetry through dance, emphasizing the expression of the poem's emotions and stories through gestures and facial expressions.</p>	<p>1. Rhythmic and Poetic Mastery: Students will be able to skillfully interpret and perform Paran Kavit, combining the precision of rhythmic footwork with the expressive portrayal of poetry.</p> <p>2. Enhanced Expressiveness: Gain an enhanced ability to express complex emotions and narratives through the unique combination of dance movements and poetic storytelling.</p>
<p>Revision of Syllabus Done Till Now</p>	<p>1. Comprehensive Review: Revisit key concepts, dance forms, and compositions covered in the syllabus, ensuring a solid understanding of each element and its significance in Kathak.</p> <p>2. Integration of Learning: Focus on how different elements of Kathak—such as Tatkar, Aamad, Paran Kavit—work together to create a cohesive and expressive performance.</p>	<p>1. Collaborative Review Sessions: Engage in group discussions and review sessions, where students can share insights, clarify doubts, and reinforce their understanding collaboratively.</p> <p>2. Performance Practice: Organize practice performances that allow students to demonstrate what they've learned, providing a platform for applying theory to practice across various Kathak elements.</p>	<p>1. Consolidated Knowledge: Students will have a consolidated understanding of the Kathak syllabus, demonstrating proficiency in both the technical and expressive aspects of the dance form.</p> <p>2. Preparedness for Progression: Be prepared for more advanced learning and performances, equipped with a strong foundation in Kathak and a clear understanding of how its various elements integrate into comprehensive dance presentations.</p>
<p>Preparation of Teacher's Day Dance</p>	<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>
<p>Teaching One Semi-Classical Dance</p>	<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>

September	Basic Knowledge of Western Dance	<p>1. Diversity and Styles: Western dance includes a wide range of styles such as ballet, contemporary, jazz, and hip-hop, each with its own unique techniques and history.</p> <p>2. Evolution: Explore how these dance forms have evolved over time, influenced by social changes, cultural exchanges, and technological advancements.</p>	<p>1. Comparative Analysis: Study each style by comparing their origins, key movements, and how they express different emotions or stories.</p> <p>2. Hands-On Learning: Practice foundational steps from each style to understand their physical demands and artistic nuances.</p>	<p>1. Appreciation of Diversity: Gain a broad understanding and appreciation of the rich diversity within Western dance forms.</p> <p>2. Foundational Skills: Develop a set of foundational skills across multiple Western dance styles, enhancing versatility as a dancer.</p>
	Basic Knowledge of Mudras	<p>1. Meaning and Use: Mudras are symbolic hand gestures used in Indian classical dance and yoga to convey specific meanings or tell stories.</p> <p>2. Variety and Significance: Learn about different mudras and their significance in storytelling, focusing on how they enhance narrative depth in dance performances.</p>	<p>1. Detailed Demonstrations: Provide detailed demonstrations of various mudras, explaining the context in which they are used and their symbolic meanings.</p> <p>2. Interactive Practice Sessions: Engage in practice sessions where students learn to incorporate mudras into dance sequences, paying attention to precision and expression</p>	<p>1. Understanding Symbolism: Develop a deep understanding of the symbolism behind mudras and their importance in conveying stories and emotions in dance.</p> <p>2. Expressive Precision: Achieve precise and expressive execution of mudras, enhancing the storytelling aspect of dance performances.</p>
October	Preparation According to Gandhi Jayanti	<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>
	Navras in Classical Dance	<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>Teaching Regional Dances and International folk dance</p>	<p>1. Exploring Diversity: Dive into the rich tapestry of regional dances from around the world, such as Flamenco from Spain, Bharatanatyam from India, Samba from Brazil, and many others, showcasing the unique cultural heritage and storytelling of each dance form.</p>	<p>1. Cultural Immersion: Integrate cultural studies with dance lessons, allowing students to learn not just the dance moves but also the history, costumes, music, and cultural significance behind each dance form.</p> <p>2. Interactive Learning: Encourage students to participate in workshops and performances, utilizing multimedia resources and guest instructors to provide an immersive learning experience.</p>	<p>1. Cultural Appreciation: Students will gain an appreciation for the diversity of cultural expressions through dance, understanding the importance of each regional dance in its cultural context.</p> <p>2. Versatile Dance Skills: Develop the ability to perform various regional dances, demonstrating an understanding of the fundamental movements and the cultural stories they tell.</p>
	<p>Children's Day Preparation</p>	<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>
	<p>Importance and Use of Ghungroo in Kathak</p>	<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>

November	Preparation of Diwali Song Performance	<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>
	Tatkar of Jhaptaal, Lay of Kathak, and Guruvandana	<p>1. Tatkar in Jhaptaal: Dive into the rhythmic footwork of Tatkar within the 10-beat cycle of Jhaptaal, exploring its dynamic variations and how it's adapted to match the intricate rhythms of this taal.</p> <p>2. Lay in Kathak: Understand Lay (tempo) in Kathak, focusing on how dancers manipulate speed (Vilambit, Madhya, Drut) to enhance their storytelling and emotional expression.</p> <p>3. Guruvandana: Study Guruvandana, a traditional Kathak piece performed as a tribute to the guru. Learn about its significance, gestures, and expressions that convey respect and devotion.</p>	<p>1. Rhythmic Training: Use clapping and vocal exercises to internalize the rhythm of Jhaptaal, helping students to synchronize their Tatkar footwork with its complex beats.</p> <p>2. Tempo Workshops: Conduct workshops focusing on practicing Kathak movements at different tempos, teaching students how to maintain grace and precision at varying speeds.</p> <p>3. Guruvandana Choreography: Teach the choreography and expressions of Guruvandana, incorporating lessons on the cultural and spiritual importance of the guru in Kathak tradition.</p>	<p>1. Mastery Over Jhaptaal: Students will gain proficiency in executing Tatkar footwork within the Jhaptaal cycle, showing an understanding of its rhythmic complexity.</p> <p>2. Versatility in Lay: Develop the ability to perform Kathak movements across different tempos, enhancing their expressive range and adaptability.</p> <p>3. Respectful Expression: Learn to convey respect and devotion through the performance of Guruvandana, deepening their connection to the cultural traditions of Kathak.</p>
	Preparation of Christmas Dance and Celebration	<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>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>January</p>	<p>Knowledge of Classical Dance Instruments</p>	<p>1. Diverse Instrumentation: Explore the variety of instruments traditionally used in classical dance performances around the world, such as the tabla and sitar in Kathak, mridangam in Bharatanatyam, and violin in Western ballet.</p> <p>2. Role and Integration: Understand how these instruments contribute to the overall performance, enhancing the dance through rhythm, melody, and mood, and how dancers synchronize their movements with the music.</p>	<p>1. Interactive Demonstrations: Arrange for musicians to demonstrate the sounds and techniques of various classical dance instruments, providing students with a hands-on understanding of how music complements dance.</p> <p>2. Music and Movement Sessions: Incorporate sessions where students practice dance movements in response to live or recorded instrumental music, focusing on timing, rhythm, and emotional expression.</p>	<p>1. Appreciation of Musical Accompaniment: Gain a comprehensive understanding of the significance of various classical dance instruments, developing an appreciation for their role in enhancing dance performances.</p> <p>2. Integrated Performance Skills: Learn to synchronize dance movements with musical cues, achieving a harmonious blend of sound and motion in performances.</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>

February	Kathanak- A Story-Based Dance Form	<p>1. Narrative Techniques: Dive into the art of storytelling through dance, focusing on how movements, expressions, and rhythms combine to narrate tales, ranging from mythological stories to contemporary themes.</p> <p>2. Styles and Execution: Explore various styles within Kathanak, including solo performances where a single dancer portrays multiple characters and ensemble pieces that depict more complex narratives.</p>	<p>1. Storytelling Workshops: Conduct workshops to practice storytelling techniques, using mime, facial expressions, and gestures to convey different parts of a story.</p> <p>2. Creative Choreography: Facilitate group sessions for choreographing and staging story-based performances, encouraging students to experiment with narrative structures and presentation styles.</p>	<p>1. Mastery in Storytelling: Develop the ability to effectively convey stories through dance, mastering the use of body language and expressions for narrative clarity.</p> <p>2. Creative Expression: Enhance creative skills in choreographing story-based dances, fostering innovation in interpreting and presenting narratives through movement.</p>
	Revision of Basic Kathak Elements	<p>1. Comprehensive Overview: Revisit the foundational elements of Kathak, including the intricate footwork (Tatkar), expressive gestures (Mudras), spins (Chakkars), and rhythmic patterns (Taal and Laya). Cover how these elements combine to tell stories and express emotions.</p> <p>2. Historical and Cultural Context: Reflect on the historical significance and cultural roots of Kathak, understanding how tradition influences contemporary practice and performance.</p>	<p>1. Interactive Recaps: Use interactive sessions that blend discussion with practical demonstration, allowing students to actively engage with each element, recall their learning, and physically practice to reinforce muscle memory and understanding.</p> <p>2. Collaborative Learning: Encourage peer teaching and group projects where students work together to create short performances that incorporate the basic elements of Kathak, fostering a collaborative learning environment.</p>	<p>1. Solidified Foundation: Students will solidify their understanding and proficiency in the basic elements of Kathak, demonstrating improved technique and deeper expression in their dance.</p> <p>2. Integrated Knowledge: Develop an integrated understanding of Kathak's history, cultural significance, and technical aspects, enabling a more nuanced appreciation and execution of the dance form.</p>
March	Yearly Revision of All the Above Content Yearly Revision of Done Till Now	<p>1. Comprehensive Overview: Provide a thorough review of all dance elements covered throughout the year, including techniques, rhythms, choreographies, and theoretical knowledge.</p> <p>2. Integration and Application: Focus on integrating learned techniques into cohesive performances, reinforcing the application of skills in varied contexts.</p>	<p>1. Review Sessions: Conduct detailed review sessions covering each major topic, utilizing discussions, demonstrations, and practice to reinforce knowledge and skills.</p> <p>2. Performance Assessments: Organize performance assessments where students showcase what they've learned over the year, offering a practical application of their skills in a cumulative presentation.</p>	<p>1. Consolidated Knowledge: Achieve a consolidated understanding and proficiency in the wide range of dance elements studied throughout the year.</p> <p>2. Enhanced Performance Capability: Demonstrate enhanced capability in performing complex dance routines, showing growth in technique, expression, and storytelling abilities.</p>