



LOTUS PETAL SENIOR SECONDARY SCHOOL
GRADE - 11
SUBJECT – Dance

Month	Chapter	Learning objectives	Teaching Methods	Learning Outcomes	Subject Enrichment Activity	Art Integration /Multi-Disciplinary
April	Introduction to Indian Classical Dance and folk dance	<ul style="list-style-type: none"> <input type="checkbox"/> Understanding the importance of dance in culture and tradition <input type="checkbox"/> Difference between Classical and Folk Dance <input type="checkbox"/> Basic warm-up, posture correction, and body conditioning 	<p>Lecture & Discussion – Explain the history, cultural significance, and differences between classical and folk dance.</p> <p><input type="checkbox"/> Interactive Activities – Students present research on different dance forms..</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate an understanding of the historical and cultural significance of classical and folk dances. <input type="checkbox"/> Differentiate between various Indian dance traditions based on their origin and style. <input type="checkbox"/> Analyze and present research on different dance forms through interactive discussions. 	<hr/> <p>Activity: Dance Heritage Collage Task: Students create a visual collage showcasing different classical and folk dance forms, their origins, costumes, and key features. Comprehension skills.</p> <hr/>	<p>Students research and create a collage that links classical and folk dances to their geographical, historical, and cultural roots. They can also include maps showing the regions where specific dance forms originated and are practiced today. creative use of spatial relationship.</p>
May	Major Classical Dance Styles	<ul style="list-style-type: none"> <input type="checkbox"/> Natya Shastra and the principles of classical dance <input type="checkbox"/> Brief introduction to 8 classical dance forms of India <input type="checkbox"/> Basic hand gestures (Hasta Mudras) and footwork patterns 	<ul style="list-style-type: none"> <input type="checkbox"/> Demonstration Method – Teacher showcases different dance styles with live or recorded examples. <input type="checkbox"/> Comparative Analysis – Discuss key differences between Bharatanatyam, Kathak, Odissi, etc. 	<ul style="list-style-type: none"> <input type="checkbox"/> Identify and describe the unique features, postures, and movements of major classical dance forms. <input type="checkbox"/> Compare and contrast different classical dance styles (e.g., Bharatanatyam vs. Kathak). 	<p>Task: In groups, students research and present a 5-minute performance on one classical dance style, explaining its history, movements, and costume.</p>	<p>Students research the relationship between classical dance styles and the architectural structures (temples, palaces) associated with them. Students can sketch</p>

			<div><input type="checkbox"/> Practical Application – Students attempt basic postures and movements from each style.</div>	<div><input type="checkbox"/> Develop an appreciation for the aesthetics, themes, and storytelling techniques of each style.<div><input type="checkbox"/> Perform basic postures and steps from at least one classical dance form.</div></div>		<div>designs of temple walls or sculptures that depict dance poses and create a short dance performance reflecting the space or art of that architecture. AI-Generated Choreography AI models like Google's "Move Mirror" and OpenAI's "Choreographer" analyze movement patterns and generate unique dance sequences. Choreographers can use AI to explore new movements and styles beyond human imagination.</div>
June						
July	<div>Basic Techniques of Classical Dance</div>	<div><input type="checkbox"/> Bharatanatyam: Basic Adavus, postures, and expressions <input type="checkbox"/> Kathak: Tatkar (footwork), Chakkars (spins), and storytelling <input type="checkbox"/> Rhythm and music concepts in classical dance</div>	<div><input type="checkbox"/> Step-by-Step Instruction – Break down movements like Adavus (Bharatanatyam) or Tatkar (Kathak).<div><input type="checkbox"/> Mirror Practice – Students follow movements while observing themselves in a mirror.<div><input type="checkbox"/> Repetition & Drills – Practice daily for muscle memory and precision.</div></div><input type="checkbox"/> Feedback & Correction – Personalized corrections on posture and movement</div>	<div><input type="checkbox"/> Execute fundamental movements like Adavus (Bharatanatyam) and Tatkar (Kathak) with precision.<div><input type="checkbox"/> Improve body alignment, balance, and coordination through mirror practice.</div><input type="checkbox"/> Enhance dance proficiency through repetitive drills and structured practice sessions.<div><input type="checkbox"/> Incorporate instructor feedback to refine posture, gestures, and expressions</div></div>	<div>Task: Students practice Adavus (Bharatanatyam) or Tatkar (Kathak) in front of a mirror and record a before-and-after video to analyze improvements in posture and technique.</div>	<div>Students practice dance movements and analyze their physical benefits (e.g., balance, coordination, muscle tone). They can create a fitness chart that links specific classical dance techniques with their impact on physical health. use of contrast as an expressive</div>

						element of art.
Aug	Rhythm and Music in Classical Dance	<input type="checkbox"/> Explore the concepts of Tala (rhythm), Laya (tempo), and Raga (melody) . <input type="checkbox"/> Recognize the significance of percussion instruments like Tabla, Mridangam, and Pakhawaj. <input type="checkbox"/> Understand how rhythm patterns shape classical dance movements. <input type="checkbox"/> Learn to synchronize movements with beats and tempo.	Clap and Count Exercises – Teach Tala (rhythm cycles) using claps and foot tapping. <input type="checkbox"/> Live Music Accompaniment – Use Mridangam, Tabla, or recorded beats for synchronization. <input type="checkbox"/> Interactive Learning – Assign students different rhythm patterns to identify and perform. <input type="checkbox"/> Group Rhythm Games – Strengthen understanding of tempo and coordination	<input type="checkbox"/> Understand and apply different Talas (rhythmic cycles) and Layas (tempos) in dance. <input type="checkbox"/> Demonstrate the ability to synchronize footwork with rhythm patterns . <input type="checkbox"/> Identify the role of classical music instruments in dance accompaniment. <input type="checkbox"/> Develop an ear for rhythm and beat recognition through practical exercises and group activities.	Task: Students sit in a circle and take turns clapping and reciting different Talas (rhythm cycles) to build an understanding of beats.	Students collaborate with the music department to learn about various classical instruments used in dance (Mridangam, Tabla, etc.). They can then perform a dance sequence while playing an accompanying rhythm or learn a musical rhythm and synchronize their dance steps.
Sep	Storytelling through Classical Dance	<input type="checkbox"/> Understand the role of Abhinaya (expressions) and Rasas (emotions) . <input type="checkbox"/> Learn how hand gestures, facial expressions, and body movements convey stories. <input type="checkbox"/> Study mythological and historical themes portrayed in classical dance. <input type="checkbox"/> Develop skills in performing expressive and narrative sequences.	<input type="checkbox"/> Expression Workshops – Train in Abhinaya (expressions) through guided activities. <input type="checkbox"/> Role Play & Improvisation – Students enact mythological stories using gestures. <input type="checkbox"/> Use of Props – Enhance storytelling with symbolic items (e.g., flute for Krishna). <input type="checkbox"/> Choreographic Assignments – Students create and perform short expressive dance pieces.	<input type="checkbox"/> Utilize Abhinaya (expressions) and Hasta Mudras (hand gestures) to convey emotions and narratives. <input type="checkbox"/> Interpret mythological and historical themes in classical dance performances. <input type="checkbox"/> Apply role-playing and improvisation techniques to bring stories to life through dance. <input type="checkbox"/> Choreograph and perform a short expressive dance sequence incorporating storytelling elements.	Task: Students select a short mythological story and choreograph an expressive dance piece using Hasta Mudras and Abhinaya .	Students pick a short mythological or historical story and collaborate with theater students to create a full performance involving dance, spoken word, and stage settings performance sketching from environment study of calligraphic strokes of devnagri and romawn alphabet
Oct	Folk Dance Forms	<input type="checkbox"/> Difference between classical and folk movements <input type="checkbox"/> Understanding costumes, instruments, and community participation <input type="checkbox"/> Introduction to Bhangra, Garba, and Lavani	<input type="checkbox"/> Demonstration-Based Learning – Teacher introduces different folk dances with live or video examples. <input type="checkbox"/> Cultural Context Discussions – Explain the	<ul style="list-style-type: none"> Recognize and perform regional folk dances with proper technique and energy. Appreciate the social, cultural, and festive 	Task: Organize a folk dance showcase where students perform regional dances (Garba, Bhangra, Chholiya, etc.) with	Students research traditional folk costumes of different regions and design their own folk dance costumes , paying

			<p>regional and festive significance of each dance.</p> <ul style="list-style-type: none"> □ Group Practice Sessions – Encourage community-style learning, mimicking traditional folk settings. □ Use of Folk Instruments & Props – Students incorporate Dhol, Ghungroo, or Dupatta in performances 	<p>significance of different folk dances.</p> <ul style="list-style-type: none"> • Develop teamwork and group coordination through interactive folk dance sessions. • Use traditional costumes, props, and instruments effectively in performances. 	authentic costumes and props.	attention to the materials, colors, and cultural symbolism . They can present their designs along with a performance of the corresponding dance
Nov	Elements of Folk Dance	<ul style="list-style-type: none"> □ Define and explain the key characteristics of folk dance, including its regional and cultural significance. □ Identify different movements, formations, and steps unique to various folk dances. □ Analyze the role of costumes, props, and musical instruments in folk dance traditions. □ Understand the improvisational and communal aspects of folk dance performances. □ Demonstrate rhythmic coordination and group dynamics in folk dance routines. 	<ul style="list-style-type: none"> □ Observational Learning – Students watch and analyze traditional folk performances. □ Kinesthetic Learning – Hands-on practice with formations, energy, and expressions. □ Rhythm and Coordination Training – Focus on folk-style beats and footwork. □ Folk Storytelling – Narrating cultural stories through dance sequences. 	<ul style="list-style-type: none"> □ Identify the core components of folk dance, including rhythm, movement, and formations. □ Demonstrate kinesthetic awareness and coordination in folk dance performances. □ Understand and apply basic footwork and musical rhythm in folk dance. □ Narrate cultural stories and traditions through expressive folk movements. 	Task: Students document elements of a chosen folk dance, including formation, footwork, costume, and significance , in a scrapbook format.	Students research the social and cultural significance of specific folk dances (e.g., Bhangra for harvest celebrations). They can create a presentation or poster linking the dance forms to its social context and then perform the dance as part of their project. printing, monotyping, printing with wood cut blocks, lino-cut and metal foil.
Dec	Fusion and Evolution of Folk Dances	<ul style="list-style-type: none"> • Explore how folk dances have evolved over time while retaining their traditional essence. 	<ul style="list-style-type: none"> □ Case Studies – Study how folk dances are adapted in Bollywood and contemporary styles. □ Choreography Experiments – Blend 	<ul style="list-style-type: none"> • Analyze the impact of modernization and globalization on traditional folk dances. 	Task: Students create and perform a fusion dance piece blending elements of a classical and a folk dance form.	Students use digital media to create a fusion dance performance that blends classical,

		<ul style="list-style-type: none">• Understand the impact of modernization and globalization on folk dance forms.• Analyze the influence of Bollywood, contemporary dance, and stage productions on folk dance styles.• Study efforts for preserving and reviving traditional folk dance forms.• Experiment with blending folk dance elements with other styles to create fusion choreography.	<p>classical and folk elements in student performances.</p> <ul style="list-style-type: none">□ Comparison Discussions – Analyze differences between traditional and modern adaptations.□ Creative Assignments – Students create their own fusion dance pieces	<ul style="list-style-type: none">• Experiment with blending classical, folk, and contemporary dance styles.• Create and perform choreographed fusion dance pieces showcasing innovation.• Compare and evaluate traditional and modern adaptations of folk dances.		<p>folk, and modern dance styles. They can edit videos, add music, and use special effects to present the fusion piece creatively.</p>
Jan	Practical Training in Folk Dance	<ul style="list-style-type: none">□ Learn and perform basic steps and formations of regional folk dances.□ Develop coordination, stamina, and rhythm through folk dance movements.□ Practice synchronization in group folk dance performances.□ Use traditional music, instruments, and props effectively in a performance setting.□ Choreograph and present a folk dance routine incorporating learned techniques.	<ul style="list-style-type: none">□ Case Studies – Study how folk dances are adapted in Bollywood and contemporary styles.□ Choreography Experiments – Blend classical and folk elements in student performances.□ Comparison Discussions – Analyze differences between traditional and modern adaptations.□ Creative Assignments – Students create their own fusion dance pieces	<ul style="list-style-type: none">□ Master folk dance sequences through structured daily practice.□ Improve stamina, coordination, and rhythmic awareness in group formations.□ Showcase learned skills in live performances, competitions, or cultural events.□ Develop self-assessment skills through reflection, peer feedback, and instructor evaluations.	<p>Task: Students participate in a live folk dance performance for school events or inter-school competitions.</p>	<p>Students perform folk dances at community events or organize workshops for younger students, sharing the cultural significance of folk dances while practicing leadership and teaching skills.</p> <p>Dance Training & Performance Analysis</p> <p>AI-powered motion capture and analysis tools help dancers refine techniques by providing real-time</p>

						feedback on posture, balance, and movement accuracy. Apps like STEEZY and AI-driven dance tutors use computer vision to analyze a dancer's movements and suggest improvements.