

**Bhartiya Vidya Mandir Sen. Sec. School, Sector 39, Chandigarh Road, Ludhiana**

**CLASS - XI Subject: Dance Session :2025-2026**

BOOKS: Kathak

Month	Unit/Chapter/Topic	Practical	Learning Objective	Resources/Art-Integrated Pedagogy Tools Used/E-Resources		Learning Outcomes/Skills Learnt by Students	
April	A brief history of Indian dance kathak. (a) Reference from Ancient text (Vedic, puranic etc) evolution of Kathak dance in pracheen kal/ mandir kal, madhya kal/ darbarkal, adunik kal covering British and post independent era till the present time.	Basic standing position and various pattern of tatkaar and practice of exercise of ten different hastak-chakkars in teentaal in thah, Dugan and chaugun.	To make students understand the importance and the beauty of the Indian dance.	Assignments, possible questions of topics, one word question answers, short question answer, long question answers.	<a href="#">For more such interesting content, download the DIKSHA mobile app</a>  <a href="https://play.google.com/store/apps/details?id=in.gov.diksha.app&amp;referrer=utm_source%3Dmobile%26utm_campaign%3Dshare_app">https://play.google.com/store/apps/details?id=in.gov.diksha.app&amp;referrer=utm_source%3Dmobile%26utm_campaign%3Dshare_app</a>	They will Develop knowledge about the kathak. Students will get to know about the history of kathak.	<b>QUICKNESS OF DECISION</b>
May	A brief history of Indian dance. Acquaintance With the theme of ramayana, mahabharat, bhagwat puran and Gita govinda in the context of kathak. Acquaintance with other myths and legends pertinent to the dance drama or gat bhav like Kalia Daman, draupadi cheer haran, makhn chori, panghatlila, marichvadh, govardhanlila, bhasmasur vadh madan- dahan etc.	Practice of exercise of different parts of human body particularly anga, pratyanga and upanga.	To guide the students to related the characteristics of dance- drama to larger historical and human values.	Interactive whiteboards. Try to show the video clippings and also playway method.	<a href="#">I find Great Epics Ramayana And Mahabharata really interesting and helpful on DIKSHA. https://diksha.gov.in/play/content/do_312531018237116416110371?referrer=utm_source%3Dmobile%26utm_campaign%3Dshare_content</a>  <a href="#">For more such interesting content, download the DIKSHA mobile app</a>  <a href="https://play.google.com/store/apps/details?id=in.gov.diksha">https://play.google.com/store/apps/details?id=in.gov.diksha</a>	Memorize the composition, dance- drama. Students should be explained the meaning which will help them create a performance.	<b>POWER OF EXPRESSION</b>
JUNE	<b>SUMMER VACATIONS</b>						

JULY	Definition and short explanation of the following terms: Nritya, Nritya, Natya Tandava, Lasya, Anga, Upanga, Pratyanga.	Padhant of teentaal, jhaptal with hast-kriya in thah, dugun and chaugun. Practice of tatkaar set of teentaal in thah, dugun, chaugun.	Developing an aesthetic sense to recognize the beauty in the surroundings, hand gestures, different exercises.	Assignments, possible questions of topics, ppt related nritya, nritya, natya, tandava, lasya anga, upanga and pratyanga.	_____	The content has to be memorized and will learn about different body parts to be used in kathak dance.	ABILITY TO EXPRESS VIEWS.
AUGUST	Ability to write notation of teentaal and jhaptal ( thah, dugun and chaugun).	Students should know the following compositions : thaata, amad, fast amad (tezz amad).	Coordinating the body, voice and mind in relevance.	Audio-Visual, ppt, assignment	_____	Their creativity will be enhanced.They will learn and understand taal and laya.	REAL LIFE EXAMPLES.
SEPTEMBER	<b>TERM EXAMINATION</b>						
OCTOBER	Distinctive aspects of kathak (using of ghungroos, chakkars, upaj, costumes etc.	Vandana, tukra, toda, natwari tukra.	Physical movements in group like chakkars, different exercise, different hasta- kriya, tatkaar.	Classroom interactions,playway method.	_____	The traditional tunes, songs, beat with their particular language and costumes taken by the students chakkars, upaj, composition also would be known by the students.	INNOVATION AND CREATIVITY.
NOVEMBER	Acquaintance with its repertoire: Rang parvesh/invocation, compositions (bandish) from traditional technical dance part of kathak.	Practice of Paran and tihai, ladi/laya baant.	Understand an increasing range of supported basic questions related to the topics.	Students to share and compare ideas in groups.	_____	They will develop knowledge about the traditional technical dance part of kathak.	DEVELOP CREATIVE-THINKING
DECEMBER	<b>EXAMINATION</b>						
JANUARY	Literary content- Abhinaya, bhajans, thumri, dadra, ghazals, dhrupad, kavita etc. Rhythmic musical composition like tarana, trivat, chaturang etc.	Gatnikas, gatbhaav, parhant of all matter with hasta kriya.	Demonstrate the concept of abhinaya, bhajans, thumri, dadra, ghazals, dhrupad, kavita etc and provide examples of tarana, trivat, chaturang.	One word questions, short, long questions.	_____	Meaningful words, shlokas to be understood. The thought and feelings behind the bhajans, thumri, ghazals, body movements.	ORGANIZATION AND CURIOSITY
FEBRUARY	<b>REVISION</b>						
MARCH	<b>FINAL EXAMINATION</b>						

