

XI- DANCE/KATHAK (056)

MONTH	TOPIC	PEDAGOGY TOOLS	ECONTENT	LEARNING OUTCOMES
APRIL	Brief history of Indian dance;origin vedic period; Development through temple tradition; Evolution in different eras; introduction to classical dance forms of india. Writing notion of Teen taal; Laya- Vilambit, Madhya, Drut; Dugun chaugun; Basic understanding of rhythm writing.	To study this vast historical topic effectively for Class 11 History, or Performing Arts curricula, use these active learning strategies:	https://ncert.nic.in/	Students will be able to: ▪ Explain the development of dance through temple traditions in India. ▪ Trace the evolution of Indian dance in different historical eras. ▪ Write the basic notation of Teentaal correctly. ▪ Identify the structure of Teentaal (16 matras, 4 vibhags, taali and khaali). ▪ Differentiate between Laya – Vilambit, Madhya, and Drut. Demonstrate understanding of Dugun and Chaugun in rhythm practice
MAY	Study of themes from Ramayana, Mahabharata, Bhagavata Purana and Gita Govinda; Gat Bhav stories like Kaliya Daman, Govardhan Leela, Panghat, Draupadi Cheer Haran, Makhan Chori, Marich	Have students analyze a scene (e.g., Rama stringing Shiva's bow in the <i>Ramayana</i> , or the argument between Krishna and Arjuna in the <i>Mahabharata</i>). Teach them to	https://share.google/FLVZYdODwInWQansl	Students will be able to: ▪ Explain the cultural, moral, and spiritual significance of selected mythological stories. ▪ Recognize important characters and events related to prescribed themes.

	Vadh, Bhasmasur Vadh, Madan Dahan	anchor characters using physical spatial cues: Assign a specific body posture, eye level, and <i>Mudra</i> to each character. Show the cheerful play of the <i>Gopas</i> playing ball. The ball falls into the toxic, boiling waters of the Yamuna. Use <i>Musti mudra</i> for throwing and wide eyes to show fear.		▪ Describe the concept and importance of Gat Bhav in Indian classical dance. Demonstrate basic abhinaya skills while depicting mythological characters and situations.
		SUMMER VICATION		

JULY	Reference from ancient text (vedic, puranic, epics); Evolution in mandir kal (katha vachak tradition), Darbarkal and modern period including British and post independence era.	Provide students with a short snippet of translated text from the <i>Mahabharata</i> (e.g., Arjuna describing a dance pose as Brihannala) or a verse from the <i>Bhagavata Purana</i>. Present high-resolution images of the Sun Temple (Konark) showing the stone carvings of <i>Karanas</i> (dance poses). The "Living Architecture" Field/Digital Study	https://ncert.nic.in/	- Apprentices will explain the role of dance in early Indian religious and cultural traditions. - Describe the development of dance during the Mandir Kal (Temple period). - Explain the contribution of the Kathavachak tradition in preserving and promoting dance forms. Develop appreciation for the historical journey and continuity of Indian dance heritage.
AUGUST	Rang Pravesch/Invocation; Technical compositions (Bandish); Literary contents –	Give the students a simple line: "Kahe ko mere ghar aaye?" (Why have you		Pupil will recognize different forms of literary contents used in dance presentations.

	Abhinaya, Bhajan, Thumri, Dadra, Ghazal, Dhrupad, Kavitt; Rhythmic compositions – Tarana, Tirvat, Chaturang Use of Ghungroo, Chakkars, Upaj, costume, stage presentation; Importance of rhythm and expression.	come to my house?). • Divide the class into five groups and ask each to perform the same line using different expressions based on a specific sub-text: • To teach students dynamic control over their footwork volume, which is essential for stage presentation. • Set a basic 16-beat <i>Teental</i> cycle. Have students stand in a circle wearing their Ghungroos. • Gradually lower the volume over one full cycle until the footwork is completely		▪ Differentiate between Abhinaya, Bhajan, Thumri, Dadra, Ghazal, Dhrupad, and Kavitt. ▪ Explain the musical and rhythmic features of various dance compositions. ▪ Develop the ability to select suitable compositions for technical and expressive performance. ▪ Compare literary and rhythmic compositions used in classical dance repertoire. ▪ They will get knowledge about the relationship between movement, rhythm, and coordination in dance. ▪ Demonstrate awareness of the importance of rhythm (Taal and Laya) in performance. ▪ Develop confidence in presenting dance items with discipline and grace. Build appreciation for the overall
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		silent, but the feet are still moving on beat.		aesthetics of classical dance performance.
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