

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

CLASS - XII Subject: Dance Session 2025-2026

BOOK: KATHAK

Month	Unit/Chapter/Topic	Practical	Learning Objective	Resources/Art-Integrated Pedagogy Tools Used/E-Resources		Learning Outcomes and Skills Learnt by Students	
APRIL	A brief history with other classical dance style of India.	Practice of Tatkaar set of teentaal, jhaptal in thah, dugun and chaugun.	To enhance familiarizing with specific background information of Indian dances.	Lecture Method, Assignments, possible question of topics, PPT, blackboard.	https://diksha.gov.in/play/content/do_313287481543262208119479?referrer=utm_source%3Dmobile%26utm_campaign%3Dshare_content	Students will get to know about their different classical dance style of India as well as Indian culture and heritage.	TO EVOKE THE SPIRIT OF UNITY.
MAY	Basic understanding of the terms abhinaya and its four aspects angika, vachika, aharya and satvik.	The students should know the following techniques and composition Vandana, toda and thaat.	Make the students identify the genre to which the story belongs.	One word questions, short questions answer, long question answers, assignments.	https://diksha.gov.in/play/content/do_3128168487451115521486?referrer=utm_source%3Dmobile%26utm_campaign%3Dshare_content	Students will develop knowledge about Abhinaya with special reference to Indian dances..	POWER OF EXPRESSION AND MAKING THE BODY FLEXIBLE, FIT AND ACTIVE .
JUNE	SUMMER VACATIONS						
JULY	Explain Natyadharmi, lokadharmi and three gharanas of kathak dance (lucknow, jaipur, banaras).	perform amad, fast amad, tukra, tihaayi.	To guide the students to study the life sketch of some prominent kathak exponents.	Make assignment of possible questions of topics, Blackboard	https://diksha.gov.in/play/content/do_3128168487451115521486?referrer=utm_source%3Dmobile%26utm_campaign%3Dshare_content	They will develop knowledge about natyadharmi, lokadharmi. Students will get to know about the three gharanas of kathak dance.	INTERPERSONAL AND SOCIAL SKILL.
AUGUST	Explain sangeet, taal, laya, angahara, bhramari, define vandana, tihayi, amad, toda, tukra, paran, chakardar toda, gatnikas, gatbhaav, traditional make-up and costume.	Perform gatnikas, gatbhaav, parhant of all the terms with hasta- kriya.	To make students understand the e of technical term. To enhance familiarizing with specific background information of traditional costumes and makeup.	Demonstrating them the correct use of arms , legs and expressions.	https://diksha.gov.in/play/content/do_3128168487451115521486?referrer=utm_source%3Dmobile%26utm_campaign%3Dshare_content	The traditional tunes, songs, beat with their particular language and costumes should be taken by students.	BOOSTING CONFIDENCE IN STUDENTS TO SHOW TALENT ON STAGE.
SEPTEMBER	TERM EXAMINATION						

OCTOBER	Rasa: definition and explanation of nine rasas.	Ability to play the theka of teentaal and jhaptaal on tabla.	Coordinating the body, voice and mind in relevance to thematic content of a text.	Practice in classroom and outside. Showing the steps and related videos.	https://diksha.gov.in/play/content/do_312531056717520896211381?referrer=utm_source%3Dmobile%26utm_campaign%3Dshare_content	Magic create by weaving different patterns of laya, feelins and emotions. These are the factors of creativity.	CREATIVE- THINKING, FUN ACTIVITY WITH HEALTHY EXERCISE.
NOVEMBER	Knowledge of theka of dadra, keharwa and roopak.	Parhant of theka dadra, keharwa, roopak.	Basic understanding of content.	Playway method, Physical movements in group like padhant, tatkaar and coming into different patterns and formations.	Gaining proficiency in the specific dance pattern.	Padhant of the content has to be memorized and will learn different taals to be used in kathak dance.	QUICKNESS OF DECISION,
DECEMBER	EXAMINATION						
JANUARY	Ability to notate of toda, tukra, paran etc.	Some of these compositions in jhaptaal and dhamar taal.	Verbal articulation and creative expression.	Decision Method, Notation and assignments.	Learning different moves and calculation in a rhythmic way.	Their creativity will be enhanced. They will learn and understand taal laya.	STAMINA AND LEARN ING FUN WAY OF EXERCISE.
FEBURAY	REVISION						
MARCH	FINAL EXAMINATION						