

BUDHA DAL PUBLIC SCHOOL, PATIALA

LESSON PLAN OF CLASS-XI (SUBJECT: DANCE) SESSION 2025-26

Topic 1: A Brief History of Indian Dance

Learning Objectives:

- Understand the origins and evolution of Indian dance forms.
- Recognize the cultural significance of dance in India.
- Identify major classical dance forms and their historical development.

Art & Integrated Activity/Project/Practical:

- Research and create a timeline of the history of Indian dance.
- Prepare presentations on the cultural significance of different dance forms.
- Watch and analyze videos of various classical dances.

Expected Learning Outcomes:

- Students will have a comprehensive understanding of the history and evolution of Indian dance.
- They will be able to articulate the cultural significance of dance in India.
- Students will identify and describe major classical dance forms.

Assignments and Assessments/Test:

- Assignment: Write an essay on the history of a specific Indian dance form.
- Quiz: Key events and periods in the history of Indian dance.
- Presentation: Historical development of a chosen classical dance form.

Remedial Measures:

- Additional reading materials and documentaries on Indian dance history.
- Discussion sessions to clarify doubts and provide deeper insights.
- One-on-one assistance for students needing extra help.

Topic 2: Distinctive Aspects of Kathak Using Ghungroos and Costumes

Learning Objectives:

- Understand the historical and cultural background of Kathak.
- Recognize the significance of Ghungroos in Kathak performances.
- Identify traditional Kathak costumes and their elements.

Art & Integrated Activity/Project/Practical:

- Practical sessions on tying and using Ghungroos.
- Create a visual presentation on traditional Kathak costumes.
- Perform a simple Kathak dance routine using Ghungroos.

Expected Learning Outcomes:

- Students will understand the origins and significance of Kathak.
- They will be able to use Ghungroos correctly in their performances.
- Students will identify and describe elements of traditional Kathak costumes.

Assignments and Assessments/Test:

- Assignment: Research and write about the role of Ghungroos in Kathak.
- Quiz: Elements of Kathak costumes and their significance.
- Practical Test: Demonstration of using Ghungroos in a Kathak routine.

Remedial Measures:

- Video tutorials on using Ghungroos and performing basic Kathak steps.
- Detailed guides on Kathak costumes with illustrations.
- Personalized feedback and extra practice sessions.

Topic 3: Writing Notation of Teental and Jhaptaal

Learning Objectives:

- Understand the basics of Indian rhythmic cycles (Talas).
- Learn the structure and notation of Teental and Jhaptaal.
- Develop skills to write and recite the notations of these Talas.

Art & Integrated Activity/Project/Practical:

- Practice clapping and reciting Teental and Jhaptaal.
- Write notations for given sequences in both Talas.
- Group activity: Perform a dance routine incorporating Teental and Jhaptaal.

Expected Learning Outcomes:

- Students will understand the structure and significance of Teental and Jhaptaal.
- They will be able to write and recite the notations accurately.
- Students will perform dance routines using these Talas.

Assignments and Assessments/Test:

- Assignment: Write the notation for a dance sequence in Teental.
- Quiz: Structure and notation of Teental and Jhaptaal.
- Practical Test: Recitation and performance of a routine using the Talas.

Remedial Measures:

- Additional practice sessions on clapping and reciting Talas.
- Video tutorials on writing and reciting notations.
- One-on-one assistance for students needing extra help.

Topic 4: Definitions and Concepts (Nritya, Nritya, Natya, Tandava, Lasya, Anga, Upanga, Pratyanga)

Learning Objectives:

- Understand the definitions and concepts of Nritya, Nritya, and Natya.
- Learn the differences between Tandava and Lasya.
- Identify and understand the body parts involved in dance (Anga, Upanga, Pratyanga).

Art & Integrated Activity/Project/Practical:

- Group discussion and presentation on the definitions and concepts.
- Practical sessions demonstrating movements involving Anga, Upanga, and Pratyanga.
- Create a short dance sequence incorporating these elements.

Expected Learning Outcomes:

- Students will understand and articulate the definitions of key dance concepts.
- They will recognize and differentiate between Tandava and Lasya.
- Students will perform dance routines using the concepts of Anga, Upanga, and Pratyanga.

Assignments and Assessments/Test:

- Assignment: Write a detailed explanation of Nritya, Nritya, and Natya.
- Quiz: Definitions and differences between Tandava and Lasya.
- Practical Test: Demonstration of movements involving Anga, Upanga, and Pratyanga.

Remedial Measures:

- Video tutorials on the key concepts and definitions.
- Detailed guides with illustrations on movements involving Anga, Upanga, and Pratyanga.
- Personalized feedback and additional practice sessions.