

S.D.P.S. BU BLOCK PITAMPURA

Academic Planner

CLASS: VI-VIII (DANCE) SESSION: 2025-26

| MONTH | TEACHING DAYS | Content To Be Covered | | |
|-----------|---------------|--|--|--|
| | | VI | VII | VIII |
| April | 22 | Basic elements of dance. | Feet movements and foot work in Folk dance | Tatkaar with simple Tukdas |
| May | 19 | Meaning of Nritya | Knowledge of Taal | Various types of Laya and Taal |
| July | 26 | Discussion of Laya and Taal | Hand movement, face expressions and formation of fingers | Kathanak and preparation of dance drama (Ballet) |
| August | 23 | Preparation for Independence Day programme | Preparation for Independence Day programme | Preparation for Independence Day programme |
| September | 23 | SA-I | | |
| October | 20 | Miming the movements | Hastak with Taal | The Rasa Theory |

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| | | of different living objects | | having nine rasas |
| November | 23 | Knowledge of percussion instruments | Classical dance instruments | Ang, Pratyang and Upaang |
| December | 24 | Dramatization and narration of stories | Guru Vandana and regional dances | Knowledge of costumes and make-up |
| January | 13 | Preparation for Republic Day function (Patriotic Choreography) | Preparation for Republic Day function (Patriotic Choreography) | Preparation for Republic Day function (Patriotic Choreography) |
| February | 22 | SA-II | | |

