

Subject : Dance
Grade : VII
Year : 2019-20

VPA Year Planner

Month	Style Of Dance / Theme	Activity Objectives	Assessment / Recap
March & April	Indo Western Form- Level 1	Basic level movements in group with style and synchronization.	--
June	Indo Western Form- Level 2	Dance steps of high intensity from one of the Indian Western Styles .	1 st Assessment
July	Indian Traditional Folk	High intensity Punjabi folk style.	
August	Indian Traditional Folk	High Intensity steps to one of the Indian folk styles.	2 nd Assessment
September	Regional	Basic level and advance level dance to Hindi song.	
October	Traditional Garba Moves	Advance level Of Garba dance	3 rd Assessment
November	Indo Western	Sports Day Practice Session	
December	Contemporary, Free Style Hip Hop	Free style contemporary dance mix with Hip Hop	4 th Assessment
January	Indo Western Next Level	Indo Western next level moves (Practice Session)	
February		Revision Of All Dances	Assessments Ends