

N.C Jindal Public School
Punjabi Bagh
New Delhi

Session-2025-2026

Subject: DANCE

CLASS -4th

Teacher's Name

Mr.Jaiprakash Sisodia,

Ms.Anjali Saini

TERM-I

- .Ekgoon,dugoon of Tatkar in Teentaal.
- .Three feet round in Teen Taal.
- .Five feet round in Teen Taal.
- .Hastakas and it's variations in double beat.
- .Practice of padanth. Teen taal

TERM-II

- .Tukra in Teen taal 4 and Round
- .Kavit in Teen taal.
- .Movements of Folk dance .
- .Steps of folk dance in single and double beat.
- .Practice of all.