

N.C Jindal Public School  
Punjabi Bagh,  
New Delhi

Session -2024-2025

Subject: DANCE

CLASS -5th

Teacher's Name:

Mr.Jaiprakash Sisodia

Ms. Anjali Saini

TERM-I

- .Padanth of Teen taal in Bol.
- .Salami in Teentaal.
- .Ekgoon,Dugoon and chougoon of Tatkaar
- .Tihai in teentaal.with hand movements
- .Variations of Rounds of three and five feet.
- . All Practice and padanth.

TERM-II

- .Tukras in Teentaal.6 and Padnth in taal.
- .Hand Gestures and their uses.
- .All Folk dance steps in single and double beat.
- .Steps and movements of patriotic song.
- . All Practice