

UPTLC IPAP Dance

30-week Plan

Semester 1

<u>Date</u>	<u>Time</u>	<u>Activity</u>	<u>Remarks</u>
10/1/2026	9.30am to 11.30am	- Warm ups & Exercises - Begin with Pongal dance practice	Preparation for Pongal events
17/1/2026	9.30am to 11.30am	- Warm ups & Exercises - Pongal dance practice	Preparation for Pongal events • Pongal event at IHC (afternoon 2pm) • Get ready at UPTLC after lesson
19/1/2026	TBC (1 hr – practice 2 hrs – dress up)	• Practice & dress up for event	Pongal Celebration at UPTLC
20/1/2026	TBC (1 hr – practice 2 hrs – dress up)	• Practice & dress up for event	Pongal Celebration at UPTLC
24/1/2026	9.30am to 11.30am	• Warm ups & Exercises • Revision of Basic adavus (Thattadavu & Nattadavu)	Thattadavu: 1-8 Nattadavu: 2, 3, 5, 6, 7, 8
31/1/2026	9.30am to 11.30am	• Warm ups & Exercises • Revision of Basic adavus (Thattadavu & Nattadavu)	Thattadavu: 1-8 Nattadavu: 2, 3, 5, 6, 7, 8
7//2/2026	9.30am to 11.30am	• Warm ups & Exercises • Revision of Basic adavus (Thattadavu & Nattadavu)	• Parents Engagement session Present to parents what students have been learning in class
14/2/2026	9.30am to 11.30am	• Warm ups & Exercises	•

		Revision of Basic adavus (Thattadavu & Nattadavu)	
21/2/2026	9.30am to 11.30am	- Warm ups & Exercises - Revision of Basic adavus (Thattadavu & Nattadavu) - Paraval adavu	Paraval adavu: 1, 2, 4
28/2/2026	9.30am to 11.30am	- Warm ups & Exercises - Revision of Basic adavus (Thattadavu & Nattadavu) - Paraval adavu	Paraval adavu: 1, 2, 4
7/3/2026	9.30am to 11.30am	- Warm ups & Exercises - Revision of Basic adavus (Thattadavu & Nattadavu) - Paraval adavu	Paraval adavu: 1, 2, 4
28/3/2026	9.30am to 11.30am	- Warm ups & Exercises - Revision of Basic adavus (Thattadavu & Nattadavu) - Paraval adavu - Performance practice (if any)	Tentatively begin to prepare for Tamil New Year performance
4/4/2026	9.30am to 11.30am	- Warm ups & Exercises - Revision of Basic adavus (Thattadavu & Nattadavu) - Paraval adavu - Performance practice (if any)	Preparation for Tamil New Year performance
18/4/2026	9.30am to 11.30am	- Warm ups & Exercises - Revision of Basic adavus (Thattadavu & Nattadavu) - Paraval adavu - Performance practice (if any)	Preparation for Tamil New Year performance
25/4/2026	9.30am to 11.30am	Warm ups & Exercises	Preparation for Tamil New Year performance

		• Revision of Basic adavus (Thattadavu & Nattadavu) • Paraval adavu • Performance practice (if any)	
2/5/2026	9.30am to 11.30am	• Warm ups & Exercises • Revision of Basic adavus (Thattadavu & Nattadavu) • Paraval adavu • Kudithumettadavu • Performance practice	• Kudithumettadavu: 1,2,3,4 • Preparation for Speech Day
9/5/2026	9.30am to 11.30am	• Warm ups & Exercises • Revision of Basic adavus (Thattadavu & Nattadavu) • Paraval adavu • Kudithumettadavu • Performance practice	• Preparation for Speech Day
16/5/2026	9.30am to 11.30am	• Warm ups & Exercises • Revision of Basic adavus (Thattadavu & Nattadavu) • Paraval adavu • Kudithumettadavu • Performance practice	• Preparation for Speech Day
23/5/2026	9.30am to 11.30am	• Warm ups & Exercises • Revision of Basic adavus (Thattadavu & Nattadavu) • Paraval adavu • Kudithumettadavu • Performance practice	• Preparation for Speech Day

Semester 2

<u>Date</u>	<u>Time</u>	<u>Activity</u>	<u>Remarks</u>
4/7/2026	9.30am to 11.30am	• Warm ups & Exercises • Performance practice	Preparation for Speech Day

11/7/2026	9.30am to 11.30am	• Warm ups & Exercises • Performance practice	Preparation for Speech Day
18/7/2026	9.30am to 11.30am	• Warm ups & Exercises • Performance practice	Preparation for Speech Day
25/7/2026	TBC	• Speech day performance	
1/8/2026	TBC	• MTLS performance	
15/8/2026		• Warm ups & Exercises • Revision of Basic adavus (Thattadavu & Nattadavu) • Paraval adavu • Kudithumettadavu	
22/8/2026	9.30am to 11.30am	• Warm ups & Exercises • Revision of Basic adavus (Thattadavu & Nattadavu) • Paraval adavu • Kudithumettadavu	
29/8/2026	9.30am to 11.30am	• Warm ups & Exercises • Revision of Basic adavus (Thattadavu & Nattadavu) • Paraval adavu • Kudithumettadavu	
19/9/2026	9.30am to 11.30am	• Warm ups & Exercises • Revision of Basic adavus (Thattadavu & Nattadavu) • Paraval adavu • Kudithumettadavu • Paichal adavu	Paichal Adavu: 1,2,3,5,6
26/9/2026	9.30am to 11.30am	• Warm ups & Exercises • Revision of Basic adavus (Thattadavu & Nattadavu) • Paraval adavu • Kudithumettadavu • Paichal adavu	
3/10/2026	9.30am to 11.30am	• Warm ups & Exercises	Preparation for any deepavali show

		• Revision of Basic adavus (Thattadavu & Nattadavu) • Paraval adavu • Kudithumettadavu • Paichal adavu • Performance practice (if any)	
10/10/2026	9.30am to 11.30am	• Warm ups & Exercises • Revision of Basic adavus (Thattadavu & Nattadavu) • Paraval adavu • Kudithumettadavu • Paichal adavu • Performance practice (if any)	Preparation for any deepavali show
17/10/2026	9.30am to 11.30am	• Warm ups & Exercises • Revision of Basic adavus (Thattadavu & Nattadavu) • Paraval adavu • Kudithumettadavu • Paichal adavu • Performance practice (if any)	Preparation for any deepavali show
24/10/2026	9.30am to 11.30am	• Warm ups & Exercises • Revision of Basic adavus (Thattadavu & Nattadavu) • Paraval adavu • Kudithumettadavu • Paichal adavu • Performance practice (if any)	Preparation for any deepavali show
31/10/2026	9.30am to 11.30am	• Warm ups & Exercises • Revision of Basic adavus (Thattadavu & Nattadavu) • Paraval adavu • Kudithumettadavu • Paichal adavu • Performance practice (if any)	Preparation for any deepavali show

13/11/2026	TBC	• Graduation day celebration performance	
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Syllabus for Bharatanatyam:

Level 1 – Basic Practical

- Thattadavu – 1 to 8
- Nattadavu – 2,3,5,6,7,8
- Paraval adavu – 1,2, 4
- Kudithumettadavu – 1 to 4
- Paichal adavu – 1,2,3,5,6

Level 1- Basic Theory

- Hastas used in adavus

End of Semester 2 – IPAP Appreciation Day

(with the adavus learnt they can perform to a classical dance music)