

CLASS 1 - WESTERN DANCE PAEDOGOGICAL PLAN - AY 2025-26					
Month	Theme & Topics	Learning Objectives	Teaching Strategies	No.of periods	Academic Integration
April	*Introduction to Western Dance * Basic movements, posture, rhythm *Preparation for Mothers' Day	Develop coordination and balance Understand basic beats and movements	Story-based movement exploration - Use of simple music beats and claps Fun Activity: Freeze Dance Challenge	4	Physical Education - Body movements
May	*Basic Steps in Western Dance * Walking, hopping, bouncing	Learn fundamental steps Improve spatial awareness	Call and response method - Movement-based storytelling	4	
June	*Dance & Expressions * Happy, sad, excited movements *Preparation for Independence Day Assembly	Understand how emotions influence dance	Facial expression exercises - Dance charades	1pd	Language - Storytelling through dance
August	*Jazz Dance Introduction * Basic footwork, jazz hands *Preparation for Independence Day Assembly	Improve agility and speed	Step repetition drills - Small group choreography - Fun Activity: Quick Feet Challenge	4	
September	*Dance and Storytelling * Acting through movements * Preparation for Gandhi Jayanti Assembly	Enhance creativity in dance	Dance-based storytelling - Role-play through movement	5	Literature - Stories expressed through dance
October	*Western Folk Dance * Introduction to simple folk styles *Preparation for Oman Tree Day Assembly & Oman National Day Assembly	Appreciate cultural dance styles	Group formations - Simple folk dance sequences -	4	
November	* Group routines *Preparation for Oman National Day Assembly	Learn teamwork and performance skills	Group choreography - Expression drills -	4	Performing Arts - Enhancing stage confidence
December	*Hip Hop Basics * Simple hip-hop moves and groove * Preparation for Republic Day Assembly	Develop rhythm and coordination	Fun Activity: Emotion Dance Relay	4	

January	* Preparing for end-of-year performance * Preparation for Republic Day Assembly	Develop stage confidence - Apply learned skills in a performance setting	Full choreography review, feedback sessions -	4	Holistic Integration - Presentation and reflection
February	*Revisiting & Refining Dance Skills * Reviewing past techniques	Improve confidence in movement	Peer reviews, dance relays Activity: Dance Challenge Marathon Fun	4	