

CLASS 3 - CONTEMPORARY DANCE PAEDOGOGICAL PLAN - AY 2025-26

| Month | Theme & Topics | Learning Objectives | Teaching Strategies | No.of periods | Academic Integration |
|------------------|--|---|--|---------------|--|
| April | Introduction to Movement & Rhythm Preparation for Mothers' Day assembly | Develop basic body coordination and rhythm awareness. | Warm-ups, free movement activities. | 8 | EVS - Body Awareness |
| May | Basic Floor Work & Postures | Improve flexibility and understand different movement levels. | Guided stretching, posture training | 8 | |
| June | Storytelling through Dance | Express emotions and ideas using movement | Thematic improvisation, role-playing | 2pds | Language - Narrative Expression |
| August | Exploring Shapes & Patterns in Dance Preparation for Onam Assembly | Recognize geometric shapes and patterns through movement | Group formations, spatial awareness exercises | 8 | |
| September | Animal-Inspired Movements | Learn to mimic movements from nature | Observation-based movement exercises | 10 | EVS - Animal Movements |
| October | Preparation for the competition Preparation for Math Day Assembly | Develop performance readiness and stage presence. | Mock performances, peer feedback, self-assessment. | 8 | Drama - Expressive Skills. |
| November | Balance & Strength Drills Preparation for Christmas Assembly | Build stability and control in dance movements | Yoga-based postures, slow-motion exercises | 8 | |
| December | Fusion Dance Basics | Explore blending contemporary with folk elements | Hands-on practice, mixed routines | 4 | History - Cultural Dance |
| January | Expression & Stage Confidence | Develop facial expressions and confidence | Peer feedback, expressive exercises | 8 | |
| February | Student-Created Movements | Encourage creativity through personal movement styles | Choreography tasks, improvisation | 8 | Creativity & Innovation |
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CLASS 3 - WESTERN DANCE PAEDOGOGICAL PLAN - AY 2025-26

| Month | Theme & Topics | Learning Objectives | Teaching Strategies | No.of periods | Academic Integration |
|------------------|--|---|--|---------------|---------------------------------------|
| April | Introduction to Western Dance | Understand basic movements in Jazz & Hip-Hop | Demonstration & basic step practice | 8 | History - Dance Origins |
| May | Coordination & Footwork Basics Preparation for World Environment Day Assembly | Improve agility and coordination | Fun drills, music-based movements | 8 | |
| June | Hip-Hop Groove & Energy Levels | Learn dynamic movement transitions | Music-adaptive movements, freestyle | 2pds | Language - Expression & Rhythm |
| August | Jazz Fundamentals – Arm & Leg Movements | Master basic jazz movements | Guided movement sequences | 8 | |
| September | Learning Rhythm & Tempo Preparation for Gandhi Jayanti Assembly | Understand beats and movement synchronization | Clapping games, rhythmic exercises | 10 | Math - Time & Counting |
| October | Preparation for the competition | Develop performance readiness and stage presence. | Mock performances, peer feedback, self-assessment. | 8 | Drama - Expressive Skills. |
| November | Strength & Endurance Training | Increase stamina for dance | High-energy practice sessions | 8 | |
| December | Fusion Dance Practice | Blend Western styles with folk influences | Experimentation with steps | 4 | Culture & Arts |
| January | Emotive Expressions in Dance | Express moods through movement | Mirror-based exercises | 8 | |
| February | Self-Created Dance Routines | Foster independence in choreography | Student-led practice | 8 | Leadership & Creativity |
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