

CLASS 2 - CONTEMPORARY DANCE PAEDOGOGICAL PLAN - AY 2025-26

Month	Theme & Topics	Learning Objectives	Teaching Strategies	No.of periods	Academic Integration
April	*Introduction to Contemporary & Indian Dance * Free-flowing movement, expressions, basic Indian hand gestures (mudras) *Preparation for World Earth Day Assembly (Ms.Vinitha)	Enhance flexibility and fluidity Express emotions through movement	Imitative movements from nature (wind, water flow) - Basic improvisation games Fun Activity: Expressive Dance Faces	4	
May	*Exploring Body Movements with Indian Elements * Creating shapes with the body, introducing Kathak spins *Preparation for World Environment day (Ms.Harsha)	Develop body awareness Improve control and expression	Shape-based movement exercises ,Partner activities	4	Geometry - Shapes and angles in movements
June	*Using Space in Dance with Indian Movements * High, medium, low levels * Indian folk dance elements *Preparation for Janmashtami Assembly (Ms.Vinitha)	Learn spatial awareness - Experiment with different body levels	Fun Activity: Follow the Pattern Dance	1pd	
August	*Partner Work in Contemporary & Indian Dance * Learning to coordinate with a partner *Preparation for Janmashtami Assembly (Ms.Vinitha) *Preparation for Teachers' day Day Assembly (Ms.Vinitha)	Develop teamwork and coordination	Partner mirroring exercises - Contact improvisation Fun Activity: Partner Reflection Dance	4	Social Science - Collaboration and cooperation
September	*Musicality in Dance (Fusion of Contemporary & Indian Rhythms) * * Understanding rhythm * Preparation forGandhi Jayanti Assembly (Ms.Harsha)	Develop rhythm awareness	Dance with different tempos - Music and movement exercises Fun Activity: Beat Counting Dance	5	
October	*Dynamics in Movement with Indian Folk Elements * Soft and strong movements *Preparation for Oman National Day Assembly (Ms.Harsha)	Experiment with energy levels in dance	Contrast-based movement exploration Fun Activity: Energy Change Dance	4	Physics - Understanding force in movement
November	*Dance Composition (Fusion Contemporary & Indian Classical) * * Creating a small dance piece * Preparation for Christmas Assembly (Ms.Harsha)	Develop creativity and structuring	Guided improvisation - Peer feedback sessions	4	

December	*Expressive Contemporary & Indian Classical Dance *Connecting dance with emotions *Preparation for Christmas Assembly (Ms.Harsha)	Improve emotional intelligence - Express feelings through dance	Mood-based improvisation - Movement journaling	4	Psychology - How emotions influence actions
January	*Preparing for end-of-year performance	Develop stage confidence - Apply learned skills in a performance setting	Full choreography review, feedback sessions - Our Earth : simple dance	4	
February	*Refining Techniques & Performance Skills *Sharpening expressions and movements	Strengthen dance expression and technique	Rehearsal techniques, group assessments Fun Activity: Performance Reflection Circle	4	Performing Arts - Stage presence skills