

## CLASS 5 - CONTEMPORARY DANCE PAEDOGOGICAL PLAN - AY 2025-26

Month	Theme & Topics	Learning Objectives	Teaching Strategies	No.of periods	Academic Integration
April	Advanced Body Awareness & Coordination	Improve precision, posture, and control	Guided warm-ups, body isolations, balance exercises	8	Science - Muscles & Joints
May	Dynamics & Energy in Movement	Learn to modulate movement intensity	Slow-motion vs. fast-paced movement drills	8	
June	Storytelling through Contemporary Dance Preparation for Independence Day Assembly	Express a narrative using movement and expression	Choreographed storytelling	2pds	Language - Creative Writing
August	Spatial Awareness & Group Formations Preparation for Independence Day Assembly Preparation for Teachers' Day assembly	Develop awareness of space and formations in dance	Floor pattern drills, formations	8	Math - Geometry & Symmetry
September	Movement Improvisation & Creativity	Enhance improvisational skills and personal expression	Open-ended movement tasks, thematic choreography	10	
October	Preparation for the competition	Develop performance readiness and stage presence.	Mock performances, peer feedback, self-assessment.	8	Drama - Expressive Skills.
November	Strength, Flexibility & Floorwork	Deepen strength and flexibility through movement	Advanced stretching, yoga-based drills	8	
December	Cultural Fusion in Contemporary Dance	Blend contemporary with Indian folk styles	Comparative dance workshops	4	History - Global & Indian Dance
January	Performance Techniques & Stage Presence	Develop confidence and clarity in performance	Peer feedback, group critiques	8	
February	Student Choreography & Innovation	Create and present unique dance pieces	Independent and group projects	8	Leadership & Creativity

## CLASS 5 - WESTERN DANCE PAEDOGOGICAL PLAN - AY 2025-26

Month	Theme & Topics	Learning Objectives	Teaching Strategies	No.of periods	Academic Integration
April	Western Dance Styles Exploration Preparation for Intl. Labour Day Assembly	Understand key Western dance styles – Jazz, Hip-Hop, Latin	Interactive demos, history of styles	8	History - Dance Evolution
May	Advanced Footwork & Speed Variations	Improve agility and movement fluidity	Progressive drills, tempo exercises	8	
June	Hip-Hop Freestyle & Urban Dance Preparation for Independence Day assembly	Develop musicality and freestyle techniques	Cypher battles, improvisation	2pds	Music - Beats & Rhythm
August	Jazz Techniques & Expression Preparation for Independence Day assembly	Master arm-leg coordination, jazz hands, turns	Isolations, expressive drills	8	Theatre - Expression & Acting
September	Fusion of Western & Indian Dance Preparation for Diwali assembly	Understand similarities & differences between styles	Choreography integrating both forms	10	
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	Strength, Conditioning & Endurance	Develop stamina for complex movements	Cardio routines, endurance training	8	
December	Musicality & Rhythm-Based Dance	Enhance rhythm, tempo adaptability	Tap dance basics, clapping games	4	Music Theory - Beats & Meter
January	Performance Readiness & Stage Skills	Gain confidence in presentation	Peer practice, posture & poise drills	8	
February	Student-Created Dance Pieces	Encourage originality in choreography	Student-led performances	8	Leadership & Innovation