

CLASS 4 - CONTEMPORARY DANCE PAEDOGOGICAL PLAN - AY 2025-26

Month	Theme & Topics	Learning Objectives	Teaching Strategies
April	Contemporary Dance Foundations Preparation for World Earth Day Assembly	Strengthen posture, balance, and basic moves	Basic drills, body alignment exercises
May	Exploring Different Levels in Movement	Understand high, mid, and low movement levels	Floor work & standing movement combinations
June	Storytelling with Expression	Improve emotive expression in dance	Improvisation with props and themes
August	Movement Patterns & Sequences	Recognize and replicate patterns in choreography	Repetition drills, visualization techniques
September	Nature-Inspired Choreography	Connect movement with natural elements	Theme-based movement exercises
October	Preparation for the competition	Develop performance readiness and stage presence.	Mock performances, peer feedback, self-assessment.
November	Balance, Flexibility & Strength	Develop muscle control and fluid transitions	Strength-building exercises
December	Indian & Western Fusion Dance Preparation for Republic Day Assembly	Compare and blend different styles	Cultural exchange sessions
January	Stage Presence & Performance Skills Preparation for Republic Day Assembly	Improve confidence and poise	Peer evaluations, practice performances
February	Student-Driven Choreography	Encourage original movement creations	Project-based learning

CLASS 4 - WESTERN DANCE PAEDOGOGICAL PLAN - AY 2025-26

Month	Theme & Topics	Learning Objectives	Teaching Strategies
April	Understanding Western Dance Genres Preparation for International Technology Day Assembly	Learn about Hip-Hop, Jazz, and Contemporary styles	Music appreciation, footwork basics
May	Footwork & Speed Coordination	Improve movement speed and transitions	Repetitive drills, timing exercises
June	Hip-Hop & Jazz Groove	Understand and execute dynamic moves	Teacher-guided & student-led routines
August	Partner & Group Choreography	Synchronize with team members in dance sequences	Peer coaching, team-based practice
September	Musicality & Movement Synchronization	Develop rhythm-matching skills	Clapping, tempo-following exercises
October	Preparation for the competition Preparation for Math Day Assembly	Develop performance readiness and stage presence.	Mock performances, peer feedback, self-assessment.
November	Expressive Dance for Performance	Learn how to communicate through body movement	Improvisation games, storytelling
December	Cultural Fusion in Dance	Explore global dance styles and influences	Compare & blend movements
January	Preparing for a Dance Recital	Strengthen performance readiness	Feedback-based rehearsals

February	Student Choreography Projects	Develop independent choreography skills	Student-led routines

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No.of periods	Academic Integration
8	
8	Science - Gravity & Motion
2pds	
8	Math - Patterns & Sequences
10	
8	Drama - Expressive Skills.
8	
4	History - Global Dance Influences
8	
8	Creativity & Innovation

No.of periods	Academic Integration
8	
8	Math - Speed & Rhythm
2pds	
8	
10	
8	Drama - Expressive Skills.
8	
4	
8	

8	Leadership & Initiative