

DANCE CURRICULUM – (NUR-Gr 2)

	Month	Topic	Key Focus	Learning outcomes
Foundation of Dance (Months 1-3)	Month 1	Understanding Body Movement & Awareness	Learning body movements, flexibility, and coordination.	<ul style="list-style-type: none"> • Develop awareness of different body movements (stretching, bending, twisting). • Demonstrate control, flexibility, balance, and coordination. • Isolate and combine different body movements effectively.
	Month 2	Responding to Music & Rhythm	Understanding beats, tempo, and rhythm.	<ul style="list-style-type: none"> • Recognize rhythm, tempo, and beat in music. • Respond to word rhythm and spoken phrases through movement. • Demonstrate how words and beats influence movement choices.
	Month 3	Exploring Space & Directions	Spatial awareness and movement levels.	<ul style="list-style-type: none"> • Move freely through space, demonstrating different levels (low, medium, high.). • Change direction smoothly while moving. • Incorporate spatial awareness into dance routine.

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Expression & Creativity (Months 4-6)	Month 4	Communicating Feelings Through Movement	Expressing emotions and storytelling through dance.	<ul style="list-style-type: none"> • Use movement to express emotions such as joy, sadness, and excitement. • Understand how body language conveys mood and meaning. • Perform expressive dance sequences with confidence.
	Month 5	Exploring Dynamic Movement Qualities	Exploring movement qualities (fast/slow, big/small, strong/gentle).	<ul style="list-style-type: none"> • Experiment with different movement dynamics. • Demonstrate control over movement size and speed. • Apply contrasting movement qualities in dance sequences.
	Month 6	Working with Others (Group Dance & Confidence)	Group work, teamwork, and trust-building.	<ul style="list-style-type: none"> • Work individually and in groups with trust and confidence. • Build coordination and synchronization in group dances. • Perform with awareness of partners and formations.
Enhancing Performance & Technical Skills (Months 7-9)	Month 7	Using Props & Stimulus for Movement	Using external elements (scarves, streamers, costumes) to extend movement.	<ul style="list-style-type: none"> • Explore movement using external elements. • Understand how props influence dance expression. • Perform using creative and extended body movements.
	Month 8	Travel, Jumps, and Turns	Developing technical movement skills.	<ul style="list-style-type: none"> • Demonstrate control over traveling, jumping, and turning. • Perform smooth transitions between movement types.

				<ul style="list-style-type: none"> • Incorporate various movement techniques into routines.
	Month 9	Exploring Dance Styles & Genres	Learning different dance styles and their musical influences.	<ul style="list-style-type: none"> • Identify different types of music and their characteristics. • Connect music styles with appropriate movements. • Compare movement qualities across dance styles.
Choreography & Performance (Months 10-12)	Month 10	Creating and Learning Dance Sequences	Developing choreography skills.	<ul style="list-style-type: none"> • Learn how to sequence movements into a dance routine. • Experiment with choreography as a group and individually. • Develop transitions between movements.
	Month 11	Performance Preparation & Stage Etiquette	Stage confidence and performance skills.	<ul style="list-style-type: none"> • Demonstrate proper stage presence (posture, eye contact, facial expressions). • Perform with confidence and engage with the audience. • Display audience etiquette (watching, listening, and responding appropriately).
	Month 12	Final Showcase & Reflection	Performance and self-reflection.	<ul style="list-style-type: none"> • Successfully perform in a recital or showcase. • Reflect on progress, challenges, and strengths. • Celebrate personal and group achievements.