

# National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 10<sup>th</sup> to 14<sup>th</sup> November, 2020

S.No.	Section	10.11.2020 (Tuesday)	11.11.2020 (Wednesday)	12.11.2020 (Thursday)	13.11.2020 (Friday)	14.11.2020 (Saturday)
1.	<b>Stitchery</b>	How to make Door Hanging/Toran. (Part -1)	How to make Door Hanging/Toran. (Part -2)	How to make Pom-Pom Tree. (Part-1)	How to make Pom-Pom Tree. (Part -2)	--
2.	<b>Aquarium and environmental</b>	1. How submarine sink and rise, 2. Magnetic field, 3. Magnetic levitation				
3.	<b>Phy. Education</b>	Jogging, Body weight Rows, Body Weight Squats, Push ups, Jump on Box, Mountain Climbers, Sapate.	Jogging, Bicycle crunches, Push ups, squats	Jogging, Side running & sit ups, One leg long jump & stop then other leg, squats jump, sit & jump long, Light Jogging.	Good warming up exercise, pulling uchi komi both side, Combination techniques Uchi Komi,	Good warming up exercise, Surya Namaskar, Padmasna/Sidhasana, Alom-Vilom, Stretching exercise.
4.		<ul style="list-style-type: none"> <li>• Good Morning warm-up – General exercise full body warm head to toe, Home workout everyday</li> <li>• Upper body muscle strength workout – push workout front side</li> <li>• Upper Body Back muscle strength workout – full workout</li> <li>• Lower body front &amp; Back muscle strength workout – leg workout</li> <li>• Running &amp; walking or benefits of running – 1 to 3 km daily running &amp; walking</li> </ul>				
5.	<b>Museum</b>	Celebrations ( <b>Children's Day and Festive Season</b> )				
6.	<b>Bharatnatyam</b>	कप्पिथहस्त विनियोग के प्रथम आधे भाग को सीखना।	प्रथम चार ततअड्डवु का अभ्यास करना।	कप्पिथहस्त विनियोग के द्वितीय आधे भाग को सीखना।	शेष तत अड्डवु का अभ्यास करना।	इस सप्ताह सीखे हुए विनियोग का अभ्यास करना।

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7.	<b>Vocal Music</b>	Chacha Nehru ki Bagiya	Hum Miljulkar likhte padhte	Manbhawan Manranjan	Aayi Diwali deep jalao	Revision
8.		Sthayi (Himachal lok geet)	Antra (Lok geet)	Sthayi (with Taal)	Antra (With Taal)	Revision of All
9.	<b>Drama</b>	Drama play story 'Chhotu ka Sahas'	Drama play story 'Aatm Shakti'	Drama play story 'Chhuna Nahi'	Drama play story 'Sacchi Laga'	-
10.	<b>Integrated Activities</b>	पांडा का मास्कर बनाना।	रंगीन पेपर से सर्कल वाली डॉल बनाना।	रंगीन पेपर से फूल बनाना।	रंगीन पेपर से साँप बनाना।	-
11.	<b>Astronomy</b>	Time Calculation- Earth Rotation & Revolution Meridian Lines- Longitudes and latitudes				
12.	<b>Clay Work</b>	We will make model based on birds and animals.				