

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 12 – 16, January, 2021

S.No.	Section	12.01.2021 (Tuesday)	13.01.2021 (Wednesday)	14.01.2021 (Thursday)	15.01.2021 (Friday)	16.01.2021 (Saturday)
1.	Stitchery	How to Knit from Finger	How to make a Yarn Hat Ornament.	How to make a Wool Sparrow.	How to make a Yarn Bow.	Practicing all the above activities by Childre.
2.	Aquarium and Environment	caterpillar	convection	Atmospheric pressure	Property of liquid	Reuse of plastic bottle
3.	Phy. Education	<ul style="list-style-type: none"> • Jogging & warming up exe. • All rolling exercises. 	<ul style="list-style-type: none"> • Warming up exe. • Normal shadow Uchi Komi both side • Uchi Komi in Movement • Lifting uchi komi in movement – Both side. • Pulling exe. 	<ul style="list-style-type: none"> • warming up exercise • Combination techniques • Seoi Nage to ouchi gari, Kouchi gari • Ouchi gari to left ippon sei nage • Kouchi gari to deep sei toshi • Stretching exe. 	<ul style="list-style-type: none"> • Warming up exercise. • Counter techniques • Stretching exe. 	<ul style="list-style-type: none"> • Warming up exercise. • Dumbbell ex. • Push ups – slow • Bench press • Shoulder exe. with dumbbell • Cooling down.
4.		<ul style="list-style-type: none"> • Good Morning Warm-up General Exercise – full body warm up Head to Toe. • Home workout every day – Back sit-ups, Jump squats, Jumping lunges, Press ups, Sit-ups, Muscle morph ex. • Back muscle workout – High Pull, DB bent over rows, Dumbbell Row, DB back fly, Lat pull down, Barbell 				

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		deadlifts.				
5.		<p>Children should do higher intensity and resistance activities every day. As these exercises will help to strength, flexibility muscles and bones. Examples are</p> <ul style="list-style-type: none"> • Floor gymnastic in • Skipping • Climbing play ground activity • Plan • Lunges • Spot jogging <p>Body resistance exercises, such as sit ups and push ups</p>				
6.	Museum	<p>1. Knowing Harvest Festivals Aim: To make children aware about Harvest Festivals of India and around the world, its importance as well as discussing one museum promoting harvest festivals. (Three Days a week Programme) Day 1: Introducing children to the topic of Harvest Festivals in a fun way. Day 2: Briefing children about the Harvest Festivals of India and the world followed by fun - based activity. Day 3: Introducing children to a Museum related to the Harvest Festival followed by fun based activity.</p>				
7.	Bharatnatyam	मंडल भेद के प्रथम आधे भाग को सीखना।	तिरमान अड्डवू का अभ्यास करना।	मंडल भेद के शेष आधे भाग को सीखना।	पाँच जाति का अभ्यास करना।	इस सप्ताह सीखे गए क्रियाओं का अभ्यास करें।
8.	Vocal Music	Patriotic Song Khizaaon me bahar (Sthayi)	On the occasion of lohri, we will learn a Punjabi folk song Charkha Channan Da	Patriotic Song Khizaaon me bahar (Antara 1)	Patriotic Song Khizaaon me bahar (Antara 2)	Revision
9.		Marathi lok geet (Sthayi)	Marathi lok geet (Antra)	Marathi lok geet (Sthayi with Taal)	Marathi lok geet (Antra with Taal)	Revision
10.	Drama	Physical characterization	Behavior	Inner thought	Reactions	Speech

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11.	Integrated Activities	खराब सामान से तीतली बनाना।	पेपर कप से बत्तीख बनाना।	रंगीन पेपर से चश्मा बनाना।	खराब सामान से मछली बनाना।	पेपर कप से घंटी बनाना।
12.	Computer	How to use IF formula-2 in Ms excel	How to use Mail merge in MS Excel	How to Lock by Password of Excel sheet & Cells	Excel Super secrets and Tips in Hindi	
13.	Clay Work	We will make model based on different types of fruits.				
14.	Weaving	Different types of weaving patterns				
15.	Photography	street Life photo story, photostory Ghar...in Mongolia				
16.	Home Management	Masala Fry / Potato Wadges	Palak & Onion steamed cutlet	Mansoor dal steamed snacks	Healthy steamed Suji snacks	Lobiya dal ke ladu with mint sauce
17.	Radio & Electronics	Automatic Night Light Circuit	Water Level Indicator	--	Series & Parallel Circuit	--