

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 13th to 17th October, 2020

S.No.	Section	13.10.2020 (Tuesday)	14.10.2020 (Wednesday)	15.10.2020 (Thursday)	16.10.2020 (Friday)	17.10.2020 (Saturday)
1.	Photography	This week photography topic is food photography which can be possible using window Light or any other light source this photo is taken on simple light available at home. Top angle is used.				
2.	Stitchery	Chain Stitches Crochet	Single Crochet.	Half Double Crochet	Double Crochet.	Triple Crochet
3.	Phy. Education	Outdoor workout Asanas	ABC workout high intensity	Upper Body workout strength exercise	Reaction ability high workout	Lead up workout free play
4.		<ul style="list-style-type: none"> • Ukemi (breakfall) Ushiro, yoko, mai • Gripping pulling exercise • Shadow Uchikomi • UchiMeta shadow both side speed uchikomi • Tai-otoshi • Ochi gari • Osoto gari 	<ul style="list-style-type: none"> • Scrolling front, back & both side • Spider walk front, back • 2 pushup 7 2 step walk with hand – both side • Front Jump & Reverse walk to start point • Jump squats • Push up deep round (hand push ups) • Pull ups 	<ul style="list-style-type: none"> • Surya Namaskar • Yoga 	<ul style="list-style-type: none"> • Hand stand and roll • Hand stand & walk • Back roll hand stand • Front Roll leg stretch & Back roll leg stretch • Chart wheel both side • Chakri push ups • Long jump & push up front & back 	<ul style="list-style-type: none"> • Jogging • Sprit • Sit 7 long jump • Jogging • Running with hi jump
		20 minutes power yoga workout will strengthen and stretch from (Head to Toe) – Child's pose, downward facing dog, rag doll, sun salutation 'A', High plank, chaturanga push ups, Upward facing dog, Weighted squats with Bicep curls, Lawn mower rows, oblique twists				

S.No.	Section	13.10.2020 (Tuesday)	14.10.2020 (Wednesday)	15.10.2020 (Thursday)	16.10.2020 (Friday)	17.10.2020 (Saturday)
5.	Museum	Giving children introduction about the topic of importance of reusing by creating wonderful creations through waste material.	Discussing about history of invention of Paper.	Making children aware about importance of paper and methods of making it.	Briefing children about changes in steps to reach this written media, importance of Newspapers and printing press.	Effects on environment and learning to reuse also showcasing contribution of National Bal Bhavan in it followed by basket full of activities.
6.	Bharatnatyam	अलारिपु के द्वितीय आधे भाग के प्रथम अंश को संगीत के साथ अभ्यास करना।	अन्य द्वितीय अंश का अभ्यास संगीत के साथ करना।	तृतीय अंश का अभ्यास करना।	पुर्ण अलारिपु आधे भाग का अभ्यास करना ।	अलारिपु का अभ्यास करना।
7.	Vocal Music	In order to prepare for the Children's day, this week Children will learn the correct tunes and pronunciations of the National Song, Anthem etc.				
8.		Day 1 :- Vande Mataram	Day 2 :- Jan Gan Man	Day 3 :- Saare Jahan se achha (first antara)	Day 4 :- Saare Jahan se achha (second antara)	Day 5 :- Saare Jahan se achha (third antara)
9.		Rajasthani lok geet (Sthayi)	Lok geet (Antra)	Lok geet (Sthayi with Taal)	Lok geet (Antra with Taal)	Revision of All
10.	Drama	Improvisation activity	Improvisation according word	Group improvisation	Individual improvisation	How to concentrate on mind
11.	Astronomy	Jupiter, Saturn, Uranus, Neptune, Pluto				