

# National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 15<sup>th</sup> to 19<sup>th</sup> September, 2020

| S.No. | Section               | 15.09.2020<br>(Tuesday)                                                                                                                                                  | 16.09.2020<br>(Wednesday)                                             | 17.09.2020<br>(Thursday)                                   | 18.09.2020<br>(Friday)                                                          | 19.09.2020<br>(Saturday)                                                           |
|-------|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------|---------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| 1.    | <b>Photography</b>    | This week students photos will be on display                                                                                                                             |                                                                       |                                                            |                                                                                 |                                                                                    |
| 2.    | <b>Clay</b>           | We will make models based on the environment                                                                                                                             |                                                                       |                                                            |                                                                                 |                                                                                    |
| 3.    | <b>Weaving</b>        | Brief information about Denim (jeans) fabric (Introduction, history, manufacturing etc.)<br>Children will be taught through reference videos related to the topics above |                                                                       |                                                            |                                                                                 |                                                                                    |
| 4.    | <b>Environment</b>    | Composition of air                                                                                                                                                       | Ozone day                                                             | Reason of ozone depletion                                  | Make a wind sock                                                                | Online session                                                                     |
| 5.    | <b>Integrated</b>     | रंगीन पेपर से वाल हैगिंग बनाना।                                                                                                                                          | रंगीन पेपर के सर्कल से मुर्गा बनाना।                                  | चाय के कप से पक्षी बनाना।                                  | रंगीन पेपर से तोते का मास्क बनाना।                                              | रंगीन पेपर को फोल्डक करके वाल हैगिंग बनाना।                                        |
| 6.    | <b>Stitchery</b>      | Children will learn <b>PILLOW COVER DRAFTING &amp; PAPER PATTERN.</b>                                                                                                    | Children will learn <b>PILLOW COVER CUTTING &amp; STITCHING.</b>      | How to sew a <b>3D FACE MASK.</b>                          | Children will learn <b>CUSHION COVER DRAFTING &amp; PAPER PATTERN.</b>          | Children will learn <b>CUSHION COVER CUTTING &amp; STITCHING.</b>                  |
| 7.    | <b>Phy. Education</b> | Without equipment exercise<br>Pranayama                                                                                                                                  | Pull-Up Training Five Exercise                                        | Forearm training five exercise                             | Hamstring mobility Active & passive                                             | Glute training five exercise                                                       |
| 8.    |                       | Aerobic Exercise with good warming up : -<br>• Combination Uchikomi – SeaiNage to                                                                                        | • Counter Uchikomi by osotogari<br>• Sweep by Sweep<br>• Ouchigari by | • Newaza combination Shadow Uchikomi<br>• Chin ups with gi | • Running & Sprints Sit ups<br>• Nick bridge<br>• Chin up with gi<br>• Dumbbell | • Jogging & filters exercises<br>• Spartan exercise – Spate side to side High Knee |

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|-------|---------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|---------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------------------------|
|       |                     | Sai toshi<br>• Ippon Seai Nage to Seai toshi<br>• UchiMata to Ouchigari<br>• Tai Otoshi to Ouchgari<br>• Leg workout | ukiwaza<br>• Pull exercise With theraband<br>• Dumbbell exercise                 | • Spate                                           | exercise up to shoulder                                  | Leg & Arm Raises<br>Sitting twists<br>Spider push ups<br>Turkish get ups |
| 9.    |                     | Circuit Training – 1. Squats, 2. Push ups, 3. Jumping jack, 4. Lunges, 5. Plank, 6 side lifts.                       |                                                                                  |                                                   |                                                          |                                                                          |
| 10.   | <b>Museum</b>       | Introducing interesting facts about birds around us.                                                                 | Giving children information of interesting facts about land Animals around them. | Discussing interesting facts about water animals. | Introducing children to interesting facts about insects. | Revising the above facts through various activities.                     |
| 11.   | <b>Bharatnatyam</b> | अलारिपु के प्रथम भाग के कुछ अन्य भाग को सीखना।                                                                       | प्रथम भाग के कुछ और अंशों को सीखना।                                              | अलारिपु में प्रयुक्त मंडी अड्डवु का अभ्यास करना।  | पुर्ण प्रथम भाग का अभ्यास करना।                          | सभी क्रियाओं का अभ्यास करना।                                             |
| 12.   | <b>Vocal Music</b>  | Song on Swaccha Bharat                                                                                               | Aanand Loke Bangla Song for Integrity.                                           | Sanskrit song on Integrity                        | Swasti Vaachan.                                          | Revision of all the songs.                                               |
| 13.   |                     | Rajasthani lok geet (Sthayi)                                                                                         | lok geet (Antra )                                                                | lok geet (Sthayi with Taal)                       | Lok geet (Antra with Taal)                               | Revision of All                                                          |
| 14.   | <b>Drama</b>        | Trust game                                                                                                           | Chinese whisper game                                                             | An actor's warm-up / voice                        | Punch parmeshwar story                                   | Group bilding                                                            |
| 15.   | <b>Astronomy</b>    | Our Earth                                                                                                            | The Moon                                                                         | Rotation of Earth                                 | Revolution of Earth                                      | Time Calculation                                                         |
| 16.   | <b>Folk Dance</b>   | now we are                                                                                                           | now we're starting of                                                            | we do some                                        | now we're finish of                                      | now we are finish of                                                     |

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|-------|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|------------------------------|--------------------------------|---------------------------------------------------------------------------------|
|       |                 | practice of starting 3rd half music part with song                                                                                                                                                                                                                                                                            | 3rd half paragraph        | moment of 3rd half paragraph | third half paragraph with song | third half of Lavni dance paragraph with song and settle the body language also |
| 17.   | <b>Computer</b> | राष्ट्रीय बाल भवन में 1 सितंबर से 18 सितंबर तक जो हिंदी पखवाड़ा का आयोजन होने जा रहा है , कंप्यूटर विभाग द्वारा हिन्दी ऑफलाइन , ऑनलाइन , फॉन्ट्स, इनपुट लोग इत्यादि की ऑनलाइन 1सितंबर से 19 सितंबर 2020 तक प्रतिदिन अलग अलग विषय पर ऑनलाइन क्लास का आयोजन किया जाएगा तथा इसको सरल बनाने के लिए प्रतिदिन वीडियो भी डाली जाएगी। |                           |                              |                                |                                                                                 |