

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 16–20, February, 2021

S.No.	Section	16.02.2021 (Tuesday)	17.02.2021 (Wednesday)	18.02.2021 (Thursday)	19.02.2021 (Friday)	20.02.2021 (Saturday)
1.	Aquarium and Environment section	--	Magnetic spring	Endless Image	Kaleidoscope	Honey bee
2.	Phy. Education	<ul style="list-style-type: none"> • Jogging • All Rolling exe. • Scrolling exe. • Bridge exe. • Pulling Uchi Komi • One Hand pulling 	<ul style="list-style-type: none"> • Warming up exe. • Normal Uchi Komi with partner • Only & griping practice give & take • Lifting uchi komi • Chin ups with gi 	<ul style="list-style-type: none"> • Warming up exe. • Technique practice – Ouchi gari, Kuki Nage etc. 	<ul style="list-style-type: none"> • Warming up exe. • All Ukemi's, Ushiro, Xoko Mai & Maimawast • Exercise with partner – Jump over the partner, Jump & Sit ups, Hand walk, one leg jump 	<ul style="list-style-type: none"> • Yoga – Surya Namaskar etc.
3.		<ul style="list-style-type: none"> • Good morning warm-up general exercise – Running walking full warm-up head to toe • Surya Namaskar Outdoor workout • Shoulder Muscle strength workout • Front abdominal Muscle strength workout • Meditative Asana • Daily full body circumduction exercise • Shuttle run 3 mtr to 5 mtr – 2 lap • Daily 10 to 15 mtr backward roll – 2 lap • Daily 5 min chair position • Duck walk 20 to 25 mtr-3 lap • Crocodile running 20 to 25 – 3 lap 				

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		<ul style="list-style-type: none"> • Daily Imagery Training exercise • Lower extremity muscle workout • Home workout pronayam 				
4.		<ul style="list-style-type: none"> • Focus Exercises – Tree pose, Figure 8, Warrior post, Airplane pose, cross over pose • Strong exercise – Chair pose, boat pose, Reverse table, Squats, superman pose • Stretching exercises – Twist pose, Chest stretch, Back Stretch, Lunge stretch side bending. 				
5.	Museum	<p>Topic : Celebrating Basant (Three days a week programme) Aim: To make curious minds of children aware about Spring Season Day 1: Introducing children to various seasons with special focus on spring season followed by activity. Day 2: Giving children information of various festivals celebrated during Spring Season across India followed by activity. Day 3: Continuing informing children about various festivals celebrated during Spring Season with special focus on 'Udyanotsav', followed by revision through activities.</p>				
6.	Bharatnatyam	रूपकताल को द्वितीय गति मे सीखना।	सीखे गए ताल का अभ्यास करना।	रूपकताल को तृतीय गति मे सीखना।	सीखे गए ताल का अभ्यास करना।	आदि ताल और रूपक ताल का तीनों गति में अभ्यास करना।
7.	Vocal Music	Rajasthani lok geet (Sthayi)	Rajasthani Lok geet (Antra)	Rajasthani Lok geet (Sthayi with Taal)	Rajasthani Lok geet (Antra with Taal)	Revision
8.	Drama	Voice Pitch	Start Listening	Improvisation	Script	Revision all activities
9.	Folk dance	Second paragraph of Ghoomar dance without music	Practice of Ghoomar dance second paragraph without music	Practice of Ghoomar dance second paragraph with music and start next music part	Practice with song second paragraph of Ghoomar dance	Practice with music second paragraph

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				without song		
10.	Integrated Activities	Making Cow mask from paper	Making 3D Fish from paper	Making 3D horse from waste material	Hut making from paper	Flower making from crape paper
11.	Clay Work	Model making based on different types of coil pots				
12.	Weaving	Types of synthetic fibers				
13.	Photography	Video editing and photography tutorials				
14.	Home Management	Atta milk cake	Rava ladoo	Besan suji ke ladoo	Bajre ke ladoo	Roat ke laddu