

# National BalBhavan

Kotla Road, New Delhi

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

S.No.	Section	16.03.2021 (Tuesday)	17.03.2021 (Wednesday)	18.03.2021 (Thursday)	19.03.2021 (Friday)	20.03.2021 (Saturday)
1.	<b>Phy. Education</b>	Get every leg muscle moving – mountain climbers, squats, calf raises	An outstanding way to get on your feet – Lunges, Arm circles, Jog in Place	These exercises can be done inside – Russian Twists, Bicycle Crunches, Arm Flutter	Jump (and kick) into healthy living – Quad Kicks, Jump Rope, Leg Raises.	Break a sweat and maybe some records, too. – Kick a ball, high knees, Push-ups.
2.		<ul style="list-style-type: none"> <li>• Warm up exe.</li> <li>• Shadow uchi komi</li> <li>• Morote Seoi nage uchi komi both side with thera band</li> <li>• Morote seoi nage combination.</li> <li>• 10 x 10 throws both side with partner</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up exe. with all rolling exe.</li> <li>• Animal walk – F=B</li> <li>• Spider walk – F=B</li> <li>• Chart wheel – both side</li> <li>• Speed chart wheel with jump</li> <li>• Shuttle run</li> <li>• Jogging &amp; rolling</li> <li>• Roll &amp; push up</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up exe. with all rolling exe.</li> <li>• Combination &amp; counters technique practice – Uchi komi with partner, uchi komi counter</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up exe. with all rolling exe.</li> <li>• High speed uchi komi both side</li> <li>• Nage komi all techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Marathon</li> <li>• Stretching</li> </ul>
3.	<b>Bharatnatyam</b>	सप्त ताल का अभ्यास करना।	ध्रुव ताल के स्वरूप अनुसार उसे त्रिश्र जाति में लगाना सीखना।	सीखी गई ताल का अभ्यास करना।	ध्रुव ताल के स्वरूप अनुसार उसे चतुश्र जाति में लगाना सीखना।	सीखी गई ताल का अभ्यास करना।

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4.	<b>Vocal Music</b>	Bhajan (Sthayi)	Bhajan (Antra )	Bhajan ( Sthayi with Taal )	Bhajan (Antra with Taal)	Revision
5.	<b>Drama</b>	Eye contact 'use in acting'	Action to Reaction	Over Acting	Natural Acting	Focus on character
6.	<b>Handicraft</b>	Origami fox face craft	Origami Tiger face craft	Origami Dog face craft	Origami pig face craft	Origami koala face craft
7.	<b>Integrated Activities</b>	रंगीन पेपर से फूल बनाना।	वर्ली पेटिंग बनाना।	वेस्ट पेपर से चिडिया बनाना।	रंगीन पेपर से तारा बनाना।	रंगीन पेपर से वॉल हैगिंग बनाना।
8.	<b>Clay Work</b>	We will make model based on the environment				
9.	<b>Weaving</b>	Different types of basket weaving				
10.	<b>Photography</b>	This week tutorial s on photography with example				