

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 17th to 21st November, 2020

S.No.	Section	17.11.2020 (Tuesday)	18.11.2020 (Wednesday)	19.11.2020 (Thursday)	20.11.2020 (Friday)	21 .11.2020 (Saturday)
1.	Stitchery	Crochet Headband. (Part-1)	Crochet Headband. (Part-2)	How to make Crochet Bookmark.	Crochet Baby Booties. (Part-1)	Crochet Baby Booties. (Part-2)
2.	Aquarium and environmental	Student will learn properties of magnet and magnetic field through various activities and online interaction				
3.	Phy. Education	Good Morning warm-up full body circumduction exercise head to toe, Home work out every day.	Build a bicep standing and sitting exercise.	Fat burning home workout	The plank exercise.	Manual training plan without equipment. Complete exercise.
4.		Shuttle run, Spider walk front & back, pulling uchikomi speed work, sapate exercise, Sit up speed, Hi knee speed, shadow Uchikomi both side.	Warming up exercise, Rope Climbing, chin ups with gi, circle round both hand both side, crock walk front & back, sit & jump (long).	Jogging, pulling your partner with gi in standing position, Tug of war / judogi – competition with your partner, reverse push to your partner, front side push to your partner	Jogging, warming up exercise, play football long & short pass for year good footwork, leg speed workout on ladder, hand walk with partner, pulling ex with theraband speed work, sit up with any weight, push ups one hand on ball	Light jogging, light Uchikomi both side with combination, Counter Uchikomi both side many techniques, sit and long jump, speed running

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5.		20 minute power yoga workout – strengthen and stretch from head to toe = child’s pose, down word facing dog, Sun salutation ‘A’, High plank, Chaturanga pushups, biceps curls, chart fly, leg lift, Shavasana.				
6.	Museum	Celebrations (Children’s Day and Festive Season) (A twelve day long Programme to be conducted during whole month of November)				
7.	Bharatnatyam	कटिकामुखहस्त विनियोग के प्रथम आधे भाग को सीखना।	प्रथम 4 नट्टअड्डवु का अभ्यास करना।	कटिकामुखहस्त विनियोग के द्वितीय आधे भाग को सीखना।	नट्टअड्डवु के शेष 4 अड्डवु का अभ्यास करना।	इस सप्ताह सीखे हुए विनियोग को सीखना।
8.	Vocal Music	Raag Bageshri Introduction	Raag Bageshri Bandish (Sthayi)	Raag Bageshri Bandish (Antara)	Raag Bageshri Taans	Revision
9.		Thumri (Sthayi)	Thumri (Antra)	Thumri (Sthayi with Taal)	Thumri (Antra with Taal)	Revision
10.	Drama	Character development	Movement and space	Creating an Ensemble	Objectives and Tactics	Listening and reacting
11.	Integrated Activities	बाज का मास्क बनाना।	रंगीन पेपर की पट्टी से मछली बनाना।	रंगीन पेपर से बतख का मास्के बनाना।	रंगीन पेपर से गुलाब का फूल बनाना।	पेपर स्ट्रीप से पक्षी बनाना।
12.	Astronomy	Our Natural satellite – The MOON Phases Of Moon, What is Full Moon and New Moon				
13.	Clay Work	We will make model based on environment.				
14.	Computer	We will learn M.S. Excel				
15.	Weaving	Simple paper weaving	Zigzag paper weaving	Circular paper weaving	Diagonal paper weaving	Pattern paper weaving