

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 18 – 22 May, 2021

S.No.	Section	18.05.2021 (Tuesday)	19.05.2021 (Wednesday)	20.05.2021 (Thursday)	21.05.2021 (Friday)	22.05.2021 (Saturday)
1.	Phy. Education	Jamping jacks, walk backwards, Arm circles, Dance, Balance on one feet, bear walk, slither like a snake, Run in the backyard, fly like a bird, push ups, play ring around, march in place, act like a monkey, plank, sit ups and cool down.				
2.	Vocal Music	This week students will learn a Paryavaran Geet- अक्कड़ बक्कड़ बंबे बो, पेड़ लगाओ पूरे सौ। Day 1: Sthayi and 1st Antara Day 2: 2nd Antara Day 3: 3rd Antara Day 4: Complete Song Day 5: Revision				
3.		Punjabi lok geet (Sthayi)	Punjabi lok geet (Antra)	Punjabi lok geer (Sthayi with Taal)	Punjabi lok geet (Antra with Taal)	Revision
4.	Folk Dance	Will start Haryanvi folk dance talk about the theory and do some footwork without music	Will practice free footwork and hand moment	Will start the song without music practice hand moment and footwork	Practice with music free footwork and hand moments	Practice all Haryanvi moment with music
5.	Bharatnatyam	जतिस्वरम का आरम्भ	आरम्भिक पादचालन को सीखना।	प्रथम जति के पादचालन सीखना।	अभ्यास ।	प्रथम जति तक पूर्ण अभ्यास करना।
6.	Drama	नाटक का चुनना ,	कहानी व पात्रों पर	पात्रों का विश्लेषण	मंच सज्जा व वेशभूषा,	सभी विषयों पर चर्चा

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		नाटक व कहानियों को पढ़ना	आधारित तत्कालिक अभिनय	कलाकारों का चुनाव	श्रृंगार रंगमंच के साज समान की चर्चा	
7.	Handicraft	How to make modular origami crown	modular origami crown-step one	modular origami crown-step two	modular origami crown-step three	modular origami crown-final work
8.	Integrated Activities	Parrot mask making from color paper	Bird making from color paper	Angry bird mask making from color paper	Flower making from color paper	Making 3D elephant from color paper
9.	Radio & Electronics	Simple DC Motor	Electromagnet	Wireless power transfer	Vacuum cleaner using bottle	Energy Generator with DC motor
10.	Museum	Topic : Buzzing around with Bees (Build Back better for bees) Aim: To make children aware about the world of Bees (Two days a week programme) Day 1: Celebrating World Bee day, followed by fun filled activity. Day 2: Exploring fun facts about the bees followed by fun based activities				
11.	Weaving	Types of woven pen stand, basket, frames, box etc.				
12.	Environment, Aquarium and Animal Corner	1. Introduction - Arthropods 2. Bee Day celebration- PPT presentation 3. Quiz- importance, characteristics of Bees. 4. Problem solving online session				
13.	Photography	Tutorials on basics of photography this week				