

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 19 – 23, January, 2021

S.No.	Section	19.01.2021 (Tuesday)	20.01.2021 (Wednesday)	21.01.2021 (Thursday)	22.01.2021 (Friday)	23.01.2021 (Saturday)
1.	Phy. Education	<ul style="list-style-type: none"> Warming up exe. & rolling exe. Standing technique – O goshi & variation 	<ul style="list-style-type: none"> Warming up exe. Kouchi gori technique with movement 	<ul style="list-style-type: none"> Jogging Speed work One sit-up U one push-up speed Shadow uchi komi your ta koi waza both side with combination Pulling ex. With partner with judo gi 	<ul style="list-style-type: none"> Warming up exe. Spider walk Gripping pulling exe. with partner Push-ups slow Dumbbell exe. 	<ul style="list-style-type: none"> Warming up exe. Play any other sports like basket ball, foot ball, badminton, wrestling etc. (1 hour)
2.		<ul style="list-style-type: none"> Good morning warm-up general exercise – running, walking, stretching head o toe. Without equipment home workout – Surya Namaskar, Plank, Shuttle run, Meditation, Asanas etc. Agility exercise & reaction ability exe.- Ground touching, side touching both side, quick actions & reaction, zig-zag running. Front abdominal workout – situ-ups, Back sit-ups, front leg raise holding, cross leg exe. Shoulder muscle strength workout – Push-up, One hand holding, downward holding position, upward holding position. Body burn workout – 20 sec. high knees, 20 sec. froggers, 20 sec. speed skaters, side to side. (every day after exe. 20 min. cooling down running, walking, stretching) 				
3.		<p>Children Can do these 25 exercises at home to build strength, coordination and confidence and to lay the ground work for a healthy lifestyle –</p> <p>Run in place for 30 seconds, Dance party for 1 minute, Stand up and sit down 10 times, Road standing up,</p>				

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		Hot lava keep a balloon in the air without touching the ground (make it harder by only using heads or elbows), Jumping jacks for 30 seconds, Do the hokey pokey, See how many squats you can do in 15 seconds, Stand up touch your toes, wall sits while reading, One-minute yoga, Stretch your hands high over your head, Arm circles forward for 30 seconds, arm circles backward for 30 seconds, 10 frog jumps, Standing mountain climbers for 30 seconds, Stand on one leg, put your hands up, put your hands out to the side, 5 lunges on the right leg, 5 lunges on the left leg, Practice spelling do a squat for every vowel, Run in place for 30 seconds, check your heart rate, Practice spelling by doing a jumping jack for each letter, 30-second plank, Practice math problems, do a jumping jack every time the answer is an even number, 20 leg lifts, Ball toss spelling practice Toss the ball and say a letter then toss the ball to someone else to say the next letter, High knees for 30 seconds.				
4.	Museum	<p>Let's discover our motherland Knowing our Neighboring State Day 1 Introducing children to the topic of Let's discover our motherland and introducing the state of India to be explored in a fun way. Day 2: Exploring the state of India and its culture followed by fun - based activity. Day 3: Knowing more about the state and its culture followed by fun based activity.</p>				
5.	Bharatnatyam	भ्रमरी भेद के प्रथम आधे भाग को सीखना।	पुष्पांजलि के प्रथम आधे भाग का अभ्यास करना।	भ्रमरी भेद के शेष आधे भाग को सीखना।	पुष्पांजलि के प्रथम आधे भाग के अन्य भाग का अभ्यास करना।	इस सप्ताह सीखे गए भ्रमरी का अभ्यास करना।
6.	Vocal Music	Introduction of Raag Bhimpalasi	Bandish of Raag Bhimpalasi (Sthayi)	Bandish of Raag Bhimpalasi (Antara)	Vistaar of Raag Bhimpalasi	Revision
7.		Rajasthani Lok geet (Sthayi)	Rajasthani lok geet (Antra)	Rajasthani lok geet (Sthayi with Taal)	Rajasthani lok geet (Antra with Taal)	Revision
8.	Drama	Stage craft	Facial exercise warm-up	Character analysis	Rehearsal with Costume	Play run through with group
9.	Folk Dance	Practice of Rajasthani song chomaso starting	Practice of first half Rajasthani song without music.	We finish of first half Rajasthani song chomaso	We practice of same thing.	We finish of Rajasthani song first half chomaso with

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		part with music		with music.		music.
10.	Tabla	Prakar of taal kehrva (Bhajani Theka)	Prakar of Taal Rupak	Variation of Bhajani Theka	Second variation of Bhajani Theka	Second variation of Taal Rupak
11.	Integrated Activities	पेपर से गाय का मास्क बनाना।	मैगजीन से उडने वाली चिडिया बनाना।	मैगजीन से हाथी का कटआउट बनाना।	पेपर से बच्चों का मास्क बनाना।	मैगजीन से चिडिया का कटआउट बनाना।
12.	Clay Work	We will make different type of dinosaurs.				
13.	Computer		What X lookup can do in Ms excel	How to take 3 ways for screenshots.	Ms excel and what's the Functions and work of all 12 Functions in uppers of the keyboard	
14.	Weaving	Different types of Jute woven items				
15.	Photography	Play of Light				
16.	Home Management	Tomato shorba	Rasam	Cream of Dubarry soup	Lentil soup	Mushroom soup
17.	Radio & Electronics		Transformer	Capacitor	Soldering	