

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 1 – 5 December, 2020

S.No.	Section	01.12.2020 (Tuesday)	02.12.2020 (Wednesday)	03.12.2020 (Thursday)	04.12.2020 (Friday)	05.12.2020 (Saturday)
1.	Stitchery	How to make a RIBBON FLOWER.	How to make a MACRAME FRIENDSHIP BAND.	How to make a BEAUTIFUL DREAM CATCHER. (part-1)	How to make a BEAUTIFUL DREAM CATCHER. (part-2)	How to make a BEAUTIFUL FABRIC LATKEN . USHA
2.	Animal Corner, Aquarium and Environment	Migratory bird	Need of migration and identification of areas of migration	Identification of migratory bird	Preparing of cutout of migratory bird.	Presentation
3.	Phy. Education	Warming up exercise, Keshi waza	Warming up ex. With all rolling exes., Keshi waza in ground techniques	Jogging & Aerobic exercise, Surya Namaskar, Stretching Ex. & Yoga, Shime waza	Jogging & Aerobic exercise,	Jogging, Stretching exercise.
4.		Children should do higher intensity and resistance activities every day. These exercises will help strengthen, flexibility muscles and bones. Floor gymnastic in home, throwing & catching games, climbing play ground activity, Body resistance, exercise, sit ups and push ups, skipping, spot jogging, lunges, plank.				
5.	Museum	'Catch the Time - Learning Time management skill'. A six days program (3days a week) with the aim to make children aware about the skill of Time Management at an early age. 3 rd Dec. - Introducing the topic to the children in a play way method, 4 th Dec.- Briefing Children about importance of Time Management, 5 th Dec. - Introducing a famous personality associated with the topic along with related Museum				
6.	Bharatnatyam	चन्द्रकलाहस्त विनियोग के प्रथम	भरतनाट्यम के इतिहास का अध्ययन करना ।	चन्द्रकलाहस्त विनियोग के शेष	पाँच जाति का अभ्यास करना।	इस सप्ताह सीखे हुए विनियोग का अभ्यास

S.No.	Section	01.12.2020 (Tuesday)	02.21.2020 (Wednesday)	03.12.2020 (Thursday)	04.11.2020 (Friday)	05 .11.2020 (Saturday)
		आधे भाग को सीखना।		भाग को सीखना।		करना।
7.	Vocal Music	Boul Geet	Kumaoni Folk Song	Gujrati Garba Song	Bhajan	
8.		Kabeer geet (Sthayi)	kabeer geet (Antra)	Kabeer Geet (Sthayi with Taal)	Kabeer geet (Antra with Taal)	Revision
9.	Drama	How to use emotions in act	Happy Emotions	Sad Emotions	Serious Emotions	Angry Emotions
10.	Integrated Activities	Making Fish, Frog, Finger Puppet etc. from color paper				
11.	Astronomy	The Globe - Altitudes and Longitudes- What is Grid, the difference between latitudes and longitudes.				
12.	Clay Work	We will make model based on cartoon image.				
13.	Computer	Installation and configuration of Active Directory and DNS of Windows, Complete office work in Excel				
14.	Weaving	Different types of Rugs weaving				