

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 20th to 25th October, 2020

S.No.	Section	20.10.2020 (Tuesday)	21.10.2020 (Wednesday)	22.10.2020 (Thursday)	23.10.2020 (Friday)	24.10.2020 (Saturday)
1.	Photography	This week we will discuss about photo story. Photo story is very important in newspaper and Magazine. It gives visual information which is very authentic and speaks more than words.				
2.	Stitchery	How to crochet a SQUARE	How to crochet a CIRCLE/RING	How to crochet a SIMPLE FLOWER	How to crochet a MOTIF FLOWER	Crochet a HAND SANITIZER BOTTLE HOLDER
3.	Environment	Let's know our atmosphere	Reptiles	Identification of stars and planets in sky	Composition of air 5	Conservation of orgnisms
4.	Phy. Education	Jal Neti kriya only 2 times. <ul style="list-style-type: none"> • Jogging • Crolling • Pulling with band Uchikomi • Duck walk • Sitting trusts • Light jogging 	ABS muscle strength workout <ul style="list-style-type: none"> • Jogging • Aerobic exercise • Chine-up with gi • Pulling uchikomi with Band • Sweep with brick both side • Ouchigari Uchikomi • Uchi Mata Uchi komi speed work • Both hand griping with hanging judo gi 	Core strength muscle workout <ul style="list-style-type: none"> • Jogging • Aerobic exercise • One leg Run on loader • Fast Run on loader • Side running both side • Sit & jump • Light jogging 	How to build Push-up strength <ul style="list-style-type: none"> • Jogging & Aerobic exercise • Throw with medicine Ball on the wall • Sit up with light weight • Sit up punch one by one • Push ups one hand on the ball • Side Jack-knives • Scissor leg exe. 	Full shoulder workout <ul style="list-style-type: none"> • Stretching exe.

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		20 minutes power yoga workout will strengthen and stretch from (Head to Toe) – Child’s pose, downward facing dog, rag doll, sun salutation ‘A’, High plank, chaturanga push ups, Upward facing dog, Weighted squats with Bicep curls, Lawn mower rows, oblique twists				
5.	Museum	Continuing with the topic introducing children to the importance of reusing by creating wonderful creation through waste material	Continuing with the topic introducing children to the importance of reusing by creating another wonderful creation through waste material.	Making children aware about importance of paper by creating one more beautiful creation so as to imbibe a spirit of reduce, reuse and recycle	Introducing to the learnings from the festival of Dussehra in a fun way.	Celebrating good over evil through the eyes of National Children’s Museum-Story Telling
6.	Bharatnatyam	अलारिपु का अभ्यास संगीत के साथ करना।	अलारिपु को ताल के साथ सीखना।	अरालह हस्त विनियोग के प्रथम आधे भाग को सीखना।	अरालह हस्त विनियोग के द्वितीय आधे भाग को सीखना ।	इस सप्ताह सीखे हुए क्रियाओं का अभ्यास करना।
7.	Vocal Music	Thumri (Sthayi)	21 - Thumri (Antra)	22 - Thumri (Sthayi with Taal)	23 - Thumri (Antra with Taal)	24 - Revision of All
8.	Drama	Acting according towards	Mime act	Organ Operation Yoga	Acting according topic	Discussion about all topics
9.	Astronomy	Dwarf Planets – Pluto, Ceres, Eris, Haumea, Makemake				