

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 23 – 27, February, 2021

S.No.	Section	23.02.2021 (Tuesday)	24.02.2021 (Wednesday)	25.02.2021 (Thursday)	26.02.2021 (Friday)	27.02.2021 (Saturday)
1.	Phy. Education	<ul style="list-style-type: none"> • Warm up exe. • Newaza – Osai komi waza • Basic hold • Kamashito gatame hold • Yoko shito gatame hold • Defence and attack 	<ul style="list-style-type: none"> • Warm up exe. • Newaza – shime waza • Oukriari jime • Sankaku jime • Kathaha jime • Light randori in newaza 	<ul style="list-style-type: none"> • Warm up exe. • Newaza – Kansatsu waza • Ude Heshigi Juji gatame • Ude Heshigi juji garami • Escape to juji gatame & grami • Tomoe nage technique to juji gatame • Newaza Randori only juji gatame 	<ul style="list-style-type: none"> • Warm up exe. • Newaza – Randori • Newaza fall katame waza randori • Alternate throw 	<ul style="list-style-type: none"> • Marathon • Stretching exe.
2.		<ul style="list-style-type: none"> • 10 Jumping jacks, 30 Second plank, Crab walk, 10 Push ups, 10 Sit ups, Duck walk, Jump in Air, Touch Toes, Spin around, 10 leg kick 				
3.		<ul style="list-style-type: none"> • Good morning warm-up general exe. • Running walking full warm up head to toe • Surya Namaskar outdoor workout • Front abdominal exe. both side • Strength Muscle workout holding position 				

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		<ul style="list-style-type: none"> • Body conditioning workout – Squats, Push-up, Jumping Jack, Lunges, Plank, Side lift • Upper Body Muscle workout – Spider Man, Close grip, Regular, Pecline, staggered, wide grip • Lower body exe. – Pelvic, Thigh, Calf, Planter • Full Body stretching – Meditation asanas, Side running, Duck walk, Crocodile Running • Every day after exe. 30 min. cool down 				
4.	Museum	<p>Topic : Let's discover our motherland- 'Knowing our Neighboring State/UT'</p> <p>Aim: To make children aware about various states of India and their cultures. To make it interesting and programme fruitful one state will be covered in a month. (Three days a week programme)</p> <p>Day 1: Introducing children to the Union Territory of India (Jammu & Kashmir) to be explored, followed by activity.</p> <p>Day 2: Exploring the UT and its culture followed by activity</p> <p>Day 3: Knowing more about Jammu and Kashmir's culture followed by fun-based activity..</p>				
5.	Bharatnatyam	रूपक ताल को तीनों काल में अभ्यास करना।	मिश्रचापु ताल को प्रथम काल में सीखना।	सीखी गई ताल का अभ्यास करना।	मिश्रचापु ताल को द्वितीय व तृतीय काल में सीखना।	सीखी गई ताल का अभ्यास करना।
6.	Vocal Music	Gazal (Sthayi)	Gazal (Antra)	Gazal (Sthayi with Taal)	Gazal (Antra with Taal)	Revision
7.	Drama	Discussion about the play	Play writing work	Script work	Reading session	Discussion about the all work
8.	Folk dance	Now we are starting Ghoomar dance third paragraph without song	Practice of third paragraph Ghumar dance without music	Now practice of third paragraph of Ghoomar dance with music	Keep practice of third paragraph	Practice of third paragraph Ghoomar dance with music

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9.	Integrated Activities	रंगीन पेपर से वॉल हैंगिंग बनाना।	पाइप और पेपर से बाजा बनाना।	पेपर से डमरू बनाना।	पेपर से पेंसिल स्टैंड बनाना।	पेपर से मास्के बनाना।
10.	Clay Work	We will make model based on the different types of animals				
11.	Weaving	Tribal textile weaving of different states in India				
12.	Photography	Still life photography - arrange material artistically and photograph them from different angles				
13.	Home Management	Carrot Halwa	Pineapple Halwa	Lauki ka Halwa	Karachi Halwa	Patato Halwa