

National BalBhavan

Kotla Road, New Delhi

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

S.No.	Section	23.03.2021 (Tuesday)	24.03.2021 (Wednesday)	25.03.2021 (Thursday)	26.03.2021 (Friday)	27.03.2021 (Saturday)
1.	Environment, Animal Corner and Aquarium	1. Reaction of vinegar and baking soda 2. Separation of substances 3. Recycling of plastic bottles 4. Online discussion with children on substances				
2.	Phy. Education	<ul style="list-style-type: none"> • Warming up & all rolling exe. • Hot who improve your Judo wing an Uchi komi programme. • State Uchi komi 	<ul style="list-style-type: none"> • Warming up & all rolling exe. • Normal Uchi komi shadow. • Moving Uchi komi • Pulling Uchi Komi 	<ul style="list-style-type: none"> • Warming up exe. • Harai goshi lifting both side • Ippon Seai Nage • Uchi mata • Combination techniques 	<ul style="list-style-type: none"> • Warming up exe. • Mawari momi entry • Nage komi one by one • 	<ul style="list-style-type: none"> • Marathon • Stretching exercise.
3.		<ul style="list-style-type: none"> • Good morning warm-up general exercise, running, walking full stretching head to toe. • Home workout everyday – Jumping, standing, high knees, chair position, push-up, burpees jump, plank • How to perform front abdominal exercise – sit-ups 2x4 lap, holding position 2x4 lap, Hand raise / leg raise 2x4 lap, Cross leg. • Daily two times yoga exercise – Suryanamaskar, Asanas, Pranayam, Kapal Bharti, Alternate nostril breathing. • Lower body exercise – Pelvie, thigh, culf, dors, planter • Pull-up training – scapular pull-ups, eccentric pull-ups, static hold, accessory work 				
4.	Bharatnatyam	पाँच जाति का अभ्यास करना।	ध्रुव ताल को त्रिश्र जाति के साथ	ध्रुव ताल को चतुश्र जाति के	ध्रुव ताल को खंड जाति के साथ	सीखी गई ताल का अभ्यास

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			लगाने का अभ्यास करें।	साथ लगाने का अभ्यास करें।	लगाना सीखना।	करना।
5.	Vocal Music	Holi Geet (Sthayi)	Holi geet (Antra)	Holi geet (Sthayi with Taal)	Holi geet (Antra with Taal)	Revision
6.	Drama	Running daily routine exercise	'Yoga' daily routine exercise	'Newspaper' reading	'Observation'	Read a Book
7.	Handicraft	Origami Penguin	Origami Lion face	Origami Simple Owl	Origami Bear face	Origami elephant face
8.	Integrated Activities	making Hanging nest for birds	Making fish from color paper	Making Tortoise from color paper	Mask making from color paper	Finger puppet making from color paper
9.	Weaving	Different types ribbon weaving				