

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 25th to 29th August, 2020

S.No.	Section	25.08.2020 (Tuesday)	26.08.2020 (Wednesday)	27.08.2020 (Thursday)	28.08.2020 (Friday)	29.08.2020 (Saturday)
1.	Photography	Photography of vegetables and fruits with examples				
2.	Clay	We will make model based on the nature.				
3.	Weaving	Different types of Loom machines for weaving				
4.	Environment	Air released by stomata	Water candle	Soil profile	Pollution catcher	Students will make list of pollutant and its affect on our ecosystem.
5.	Integrated	रंगीन पेपर से हाथी का मास्क बनाना।	गत्सेस से पेन स्टैंड बनाना।	रंगीन पेपर से वॉल हैगिंग बनाना।	अखबार से कौम स्टैंड बनाना।	रंगीन पेपर से जोकर मास्क बनाना।
6.	Woodcraft	How to make a portrait in wood inlay	How to make a photo frame from wood sticks	how to make alphabet in wood inlay	How to make a design in wood inlay technique	Practice of making inlay by children's
7.	Stitchery	How to do Smocking with Beaded Embroidery	How to sew a Needle Case	Children will learn about QUILTING. (By Hand)	Children will learn about QUILTING. (By Machine)	How to make a SOCK by using any type of clothes.
8.	Phy. Education	Five meditation yoga	Strength exercise 20 min.	Shoulder muscle exercise 20 min.	Cardio muscle exercise 20 min.	Push up exercise 20 min.
9.		Jogging 20 to 40 Min & Good Warming up exercise: - Newaga exercise,	Jogging 20 to 40 Min, warming up exercise: - Shadow uchikomi with theraband side by side both side one	Good warming up exercise: - Pulling with gi, side Jump & step ups on the	Good warming up exercise Aerobic stile: - Shadow uchikomi with combination Both	Good warming up & stretching exercise: - Surya Namskar, Vajrasana, Halasana,

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		spider walk, front & Back, Speeder walk side to side, 2 push up & 2 back pushup (like spider walk), sitting Pulling with theraband, 5 push up 5 squats, Slow push up 10 to 15 time	by one right & left side, One hand Hikite (pulling) with theraband left, right both side, One hand pulling uchikomi Both side, Twist sit up with any weight	bench, 2 time back & 2 time normal push ups, For Arm Exercise with Judogi	side, Osotogari shaow to uchigari, Ippon seoinage show to osotogari, Osotogari to osototoshi, osotogari to saraitsuri komi Ashi, Saseitsuri komi Ashi to Osotogari, Tomoenage show to deep osotogari	bhujangasana, paschimottanasana, padmasana siddhasana
10.		Anything that gets kids up and moving is good for them. The centre for disease control and prevention (CDC) notes regular physical activity can help children improve cardio respiratory fitness, build strong bones and muscles, control weight and reduce the risk of developing health conditions such as heart disease, cancer, type 2, diabetes, high blood pressure and osteoporosis, along with improving the symptoms of anxiety and depression. Exercises for kids at home: - 1. Spot jogging, 2. Skipping, 3. Crab walk, 4. Bear crawl, 5. Supermans move, 6. Cross lateral movement, 7. Stretching & Yoga.				
11.	Museum	Introducing children to mountains and how are they formed followed by activity.	Giving children information about types of mountains and discussing few of them. Followed by an activity.	Continuing discussion about types of mountains followed by activity.	Introducing children to The Great Himalayas, it's location, introduction to ranges of Himalayas, followed by activity.	--
12.	Bharatnatyam	प्रथम 'मंडी अड्डवु' के पाद संचालन को हस्त संचालन के साथ सीखना ।	'कर्तरी हस्त विनियोग' के प्रथम आधे भाग को सीखना।	द्वितीय 'मंडी अड्डवु' के पाद संचालन को हस्त संचालन के साथ सीखना।	'कर्तरी हस्त विनियोग' के बचे हुए विनियोग को सीखना।	इस सप्ताह सीखे हुए अड्डवु तथा हस्त विनियोग का अभ्यास करना।

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13.	Vocal Music	Introduction of Raga Alhaiya Bilawal.	Sthayi of Bandish of Raga Alhaiya Bilawal.	Antara of Bandish of Raga Alhaiya Bilawal.	Simple taans in Raga Alhaiya Bilawal.	Revision of Aaroh Avroh, Bandish and Taans in Raga Alhaiya Bilawal.
14.		Kajri (Sthayi)	Antra of Kajri	Sthayi of Kajri (with Taal)	Antra of Kajri (With Taal)	Revision
15.	Astronomy	Astronomical Units	What is Pulsar	How to calculate the distance of Stars	What is Interstellar Medium	What is Cosmology
16.	Drama	What are 5 W	How to use of peach	Tongue twister	Bhand patra drama	Melodrama
17.	Folk Dance	now we are starting of second half music part without song	we are practice of second half music part with song	now we are starting second half paragraph	we are practice of second half paragraph with foot work and hand movement with song	we are practice of second half music part and paragraph also with song
18.	Computer	Computer Section, this week will continue Blogging with different topics				