

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 27 April – 1 May, 2021

| S.No. | Section | 27.04.2021 (Tuesday) | 28.04.2021 (Wednesday) | 29.04.2021 (Thursday) | 30.04.2021 (Friday) | 01.05.2021 (Saturday) |
|-------|------------------------------|--|---|---|---|---------------------------------|
| 1. | Phy. Education | <ul style="list-style-type: none">• Warming up exe.• Surya namaskar• All yoga Asna• Stretching exe. | <ul style="list-style-type: none">• Warming up exe.• Chart wheel both side• All rolling exe.• Uchi komi with band• Chin ups | <ul style="list-style-type: none">• Jogging• Warming up exe.• Sepate• Twisting• Sit & Jump• Long step jump | <ul style="list-style-type: none">• Jogging• Warming up exe.• Sprints | -- |
| 2. | Integrated Activities | Flower making from colored paper | Photo frame making from waste material | Bird making from colored paper | Mask making from colored paper | Wall hanging from colored paper |
| 3. | Weaving | Discussion about various types of rugs and carpet weaving | | | | |