

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 26 – 30, January, 2021

S.No.	Section	26.01.2021 (Tuesday)	27.01.2021 (Wednesday)	28.01.2021 (Thursday)	29.01.2021 (Friday)	30.01.2021 (Saturday)
1.	Aquarium and Environment section	Clownfish- craft	Data collection by students related to clownfish	Sea anemone	Mutualism- sea and clownfish	Life cycle of clown fish
2.	Phy. Education	--	<ul style="list-style-type: none"> • Warm up exercise • Nage waza – Ouchi gari technique. • Uchi Komi • Ouchi gari in movement • Combination ouchi gari in movement (Both side) 	<ul style="list-style-type: none"> • Jogging • All rolling & crawling exercise • Both side chart wheat • Light shadow uchi komi • Ippon seoi nage 	<ul style="list-style-type: none"> • Jogging & warm up exe. • Newaza – ground technique control 	<ul style="list-style-type: none"> • Warm up exercise • Spider walk • Crocodile walk • Sit & jump • Sit ups • Push ups • Wall sit • Sapate push up
3.		Complete each exercises every day – Jumping Jacks, Sit ups, Squats, Lunges, Push ups, Toe touches, Leg raises, Arm Circles, knee raises.				
4.		<ul style="list-style-type: none"> • Good Morning warm-up General exercise, Running, walking, full stretching Head to toe. • Free Hand exercise – Perform to Surya Namaskar, Leg raise both side, front abdominal exercise, Chair position. • Circuit Training – Squats, push-ups, jumping jack, lunges, plank, side lifts • ABS Burner Home workout – Reverse crunches, side to side holding, 'V' hold, Roll outs • Pull up of progression upper body muscle workout – Incline, wide grip, staggered, decline, regular, close grip, spider man, one arm 				

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5.	Museum	<p>Let's discover our motherland - Knowing our Neighbouring State 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.</p> <p>Day 1: Continuing introducing children to the state of Goa's culture and also a special fun based activity of how to make your own Tableau and celebrate Republic day at home. Day 2: Exploring Goa and its culture followed by fun - based activity. Day 3: Knowing more about the state and its culture followed by fun based activity.</p>				
6.	Bharatnatyam	--	चारी भेद के प्रथम आधे भाग को सीखना।	सीखे हुए भेद का अभ्यास करना।	चारी भेद के शेष आधे भाग को सीखना।	सीखे हुए भेद का अभ्यास करना।
7.	Vocal Music	--	Chaturang in Raag Bageshri (Introduction and Sthayi)	Chaturang Antara	Chaturang Antara Continued	Chaturang Revision
8.		Haryanvi lok geet (Sthayi)	Haryanvi lok geet (Antra)	Haryanvi lok geet (Sthayi with Taal)	Haryanvi lok geet (Antra with Taal)	Revision
9.	Drama	Voice exercise – stomach	Voice exercise – Chest	Voice exercise – Throat	Voice exercise – Nasal	Voice exercise - Head
10.	Integrated Activities	--	बिल्ली का फिंगर पपेट बनाना।	हाथी का फिंगर पपेट बनाना।	चिडिया का फिंगर पपेट बनाना।	शेर का फिंगर पपेट बनाना।
11.	Clay Work	We will make model based on the different types of animals				
12.	Computer		How to get colourful mouse curser in Microsoft Window 10	Protect your files from unauthorized access - Administrator cannot access your files	What is difference between email and Gmail in Hindi	What is cc and BCC in email / Gmail. How you can define it.

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13.	Weaving	Different Parts of Handloom Machine				
14.	Photography	This week we will learn about food photostory food we eat every day can be arranged beautifully and photograph then we can use windows light or available light				
15.	Home Management	Palak & Methi Parantha	Mix Dal Parantha	Gobhi Stuffed parantha	Soya stuffed parantha	Chini ka parantha