

# National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 29<sup>th</sup> September to 3<sup>rd</sup> October, 2020

S.No.	Section	29.09.2020 (Tuesday)	30.09.2020 (Wednesday)	01.10.2020 (Thursday)	02.10.2020 (Friday)	03.10.2020 (Saturday)
1.	<b>Photography</b>	This week landscape by students of photography				
2.	<b>Clay</b>	We will make models based on the different types of birds.				
3.	<b>Stitchery</b>	This week children will learn how to make different types of HANDMADE BAGS /PURSES.				
4.	<b>Environment</b>	Weather pioneers				
5.	<b>Phy. Education</b>	Strength workout, Leg, Arms, Cone, cardio	Outdoor workout Ashtang Yoga	Prevent to sports injury	Floor Exercise bag, part, hall part	Lower body exercise, pelvie thigh,
6.		<ul style="list-style-type: none"> <li>• Body weight squats</li> <li>• Push ups</li> <li>• Skipping</li> <li>• Chin ups</li> <li>• Side runs</li> <li>• Push ups</li> <li>• Sit ups</li> </ul>	<ul style="list-style-type: none"> <li>• Metabale circuit</li> <li>• Chin ups</li> <li>• Squats jump</li> <li>• Skipping</li> <li>• Walking holding dumbbell in hand</li> <li>• Sit ups</li> <li>• Push ups</li> </ul>	<ul style="list-style-type: none"> <li>• Uchikomi Normal</li> <li>• Speed uchikomi</li> <li>• One combination speed uchikomi</li> <li>• Repeat attack (a) Ippon seoi nage to ippon seoi nage (b) Harei goshi to sweep (c) osoto gari to osotogari</li> </ul>	<ul style="list-style-type: none"> <li>• Exercise + diet + Rest</li> <li>• Diet – 45% carbohydrates 15 % Fat 40 % protein</li> <li>• Calories – weight -100x3</li> <li>• Protein - weight -100 x 3</li> <li>• Carbohydrates</li> </ul>	<ul style="list-style-type: none"> <li>• Jogging</li> <li>• Chest Ex.</li> <li>• Squats Ex.</li> <li>• Arm Ex.</li> <li>• Shoulder Ex.</li> <li>• Back Ex.</li> </ul>
7.		Kids friendly – Yoga = Mountain Pose, Chair pose, crescent moon pose, tree post, child pose, downward facing dog pose, happy body pose, Butterfly post, doll pose, corpse pose				

S.No.	Section	29.09.2020 (Tuesday)	30.09.2020 (Wednesday)	01.10.2020 (Thursday)	02.10.2020 (Friday)	03.10.2020 (Saturday)
8.	<b>Museum</b>	Introducing children to the topic showing a small debate on healthy vs. Junk food, followed by an activity	Fruits and Vegetables telling their own story. Followed by an activity	Discussing interesting nutritional facts about Fruits and Vegetables followed by activity.	Discussing-how lack of nutrition can cause diseases. Followed by activity	Helping children to plan a menu full of nutritional diet.
9.	<b>Bharatnatyam</b>	अलारिपु के द्वितीय भाग के प्रथम अंश के कुछ अन्य भाग को सीखना	सीखे हुए भाग को हस्त संचालन सहित सीखना।	द्वितीय भाग के अन्य अंश को सीखना।	सीखे हुए भाग के हस्त संचालन को सीखना	इस सप्ताह सिखाए हुए भाग का अभ्यास करना।
10.	<b>Vocal Music</b>	Gujrati lok geet (Sthayi)	Lok geet (Antra)	lok geet (Sthayi with Taal )	Lok geet (Antra with Taal)	Revision of All
11.		Raghupati Raghav	Vaishnav Jan	Jaanki Nath	--	Paayo ji maine.
12.	<b>Drama</b>	Drama improvisation, topic "Jeevan Sangh"	Drama skit according "Jeevan Sangharsh"	Drama improvisation life of the Gandhi Ji	Drama Play skit on Gandhi Ji	Final discussion about the weekly activity.
13.	<b>Sitar</b>	4th Paragraph of Jhala in Raag Kalyan part-1	4th Paragraph of Jhala in Raag Kalyan part-2	5th Paragraph of Jhala in Raag Kalyan	last Paragraph of Jhala in Raag Kalyan part-1	6th Paragraph of Jhala in Raag Kalyan part-2
14.	<b>Tabla / Dholak</b>	Tukda Teen Taal, Kayada Teen Tal, Taal Kaharva				
15.	<b>Astronomy</b>	Origin of the solar System – How to Origin of Planets.				