

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 2 – 6, February, 2021

S.No.	Section	02.02.2021 (Tuesday)	03.02.2021 (Wednesday)	04.02.2021 (Thursday)	05.05.2021 (Friday)	06.02.2021 (Saturday)
1.	Aquarium and Environment section	Explore the shape of leaf	Trace the veins of leaf	Leaf chromatography	Transportation of water in plant	Observe drying of leaves
2.	Phy. Education	<ul style="list-style-type: none"> • Jogging • Normal shadow uchi komi sweeping both leg • Shadow Uchi komi sweeping. • Counter sweep De Ashi Harai to de ashi barai • Combination sweep to tai otoshi shadow uchi komi – both side • Leg exercise half sit & Jump • Light jogging 	<ul style="list-style-type: none"> • Warming up exercise • All rolling exercise • Uchi komi with thera band • Lefting uchi komi your (takoi waza) • Power exercise – Chin ups with gi, dumbbell exercise, Push ups. 	<ul style="list-style-type: none"> • Warming up exercise • All rolling exercise • Gripping technique (give & take) • Chin ups • Dumbbell in Hand • Again Gripping (give & take) 	<ul style="list-style-type: none"> • Warming up exercise • Randori with ot judogi-only standing position • Sit ups, Push ups, Lunges • High speed Uchi komi 	<ul style="list-style-type: none"> • Warming up exercise • Exercise in ground with partner • Hand walk • One leg Jump • Duck walk • Jogging • Sit & jump • Sapate
3.		<ul style="list-style-type: none"> • Good morning warm-up general exercise, Running, Walking Full stretching head to Toe. • Home Workout everyday – Jumping, High knees, Chair position, push up, burpees jump, Plank Both 				

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		side. <ul style="list-style-type: none"> How to perform front abdominal exercise – sit ups, holding position, hand raise / leg raise, Cross leg plank position Daily two times breathing exercise – Asana, Surya Namaskar, Pranayam, Kapal Bharati, Alternate nostril breath. Lower body exercise – Pelvie, thigh, Dorsi, Planter Pull up training – scapular pull ups, eccentric pull ups, static hold, band assisted, accessory work 				
4.		Exercise for kids – pushups, planks, lunges, running, crunches, cycling, stretching, Bridge lift.				
5.	Museum	Valuing our Values To impart moral values to children so as to make them responsible future citizen Day 1: Introducing Children to the topic and explaining its importance, followed by activity. Day 2: Showcasing children a virtual tour of a temporary exhibition of National Children’s Museum namely, ”Wall of Values”, followed by activity. Day 3: A story telling Session asserting the importance of values followed by activity.				
6.	Bharatnatyam	आदि ताल को प्रथम गति मे लगाना सीखना।	सीखी गई ताल का अभ्यास करना।	आदि ताल को द्वितीय गति मे लगाना सीखना।	सीखी गई ताल का अभ्यास करना।	आदि ताल को तृतीय गति मे लगाना सीखना।
7.	Vocal Music	Saraswati Vandana (Shlok)	Saraswati Vandana (Sthayi)	Saraswati Vandana (Antara)	Saraswati Vandana with taal	Revision of Saraswati Vandana
8.		Panjabi lok geet (Sthayi)	Panjabi lok geet (Antra)	Panjabi lok geet(Sthayi with Taal)	Panjabi lok geet (Antra with Taal)	Revision
9.	Drama	Non-verbal acting-I	Non-Verbal acting – II	Non-verbal acting – III	Dialogue delivery exercise	Revision weekly all activities
10.	Folk dance	New folk dance of Rajasthan name	Practice of a new song of Rajasthan	Practice of Ghumar song	Practice of Ghoomar dance first half with	Practice of new folk dance Ghumar

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		is Ghoomar will do some basic movement and start a starting music without song	Ghumar Starting music with song	first half without song	song	starting music and first half with song
11.	Integrated Activities	चाट पेपर से फूल बनाना।	मैगजीन पेपर से फूल बनाना।	क्रेक पेपर से फूल बनाना।	चाट पेपर से श्री डी हाथी बनाना।	चाट पेपर से श्री डी घोडा बनाना।
12.	Clay Work	बन्दर, मगरमछ और पक्छी कले वर्क				
13.	Weaving	Types of loom Machines				
14.	Photography	This week Tutorials will be on Landscape photography...how to capture Landscape				
15.	Home Management	Tomato & Chili Sauce	Schezwan sauce	Type of green sauce	Gur imli sauce	Cheese sauce/Dip