

# National BalBhavan

Kotla Road, New Delhi

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

S.No.	Section	02.03.2021 (Tuesday)	03.03.2021 (Wednesday)	04.03.2021 (Thursday)	05.03.2021 (Friday)	06.03.2021 (Saturday)
1.	<b>Phy. Education</b>	<ul style="list-style-type: none"> <li>• Circuit training</li> <li>• Jogging</li> <li>• Jump over the back &amp; pass under the leg</li> <li>• Hand walk</li> <li>• Sit &amp; jump</li> <li>• Duck walk</li> <li>• Light jogging</li> <li>• Shuttle run</li> <li>• Twists sit up</li> <li>• Long step jump</li> </ul>	<ul style="list-style-type: none"> <li>• Jogging</li> <li>• Warming up exe.</li> <li>• Sprints</li> <li>• Different type of running</li> </ul>	<ul style="list-style-type: none"> <li>• Warming up exe.</li> <li>• Surya Namaskar</li> <li>• Lunges</li> <li>• Squats half</li> </ul>	<ul style="list-style-type: none"> <li>• Warming up exe.</li> <li>• Pulling uchi komi with band</li> <li>• Pulling uchi komi with partner</li> <li>• Lifting uchi komi with partner</li> <li>• Nage komi</li> </ul>	<ul style="list-style-type: none"> <li>• Warming up exe.</li> <li>• Pulling uchi komi with partner</li> <li>• Takai waza in movement</li> <li>• Technique entry to newaza &amp; control</li> <li>• Breaking osai komi</li> <li>• Nage komi</li> </ul>
2.		Daily fitness challenge for kids : - Crab walk, 20 pushups, 10 sit ups, 5 cartwheels , hand stand, run in place, 4 lunges, 5 sit ups, 30 second plank, duck walk, 10 leg kicks, shuttle race				
3.		<ul style="list-style-type: none"> <li>• Good morning warm-pu general exe, running walking full warm-up head to toe.</li> <li>• Surya Namaskar outdoor workout</li> <li>• Lower body strength workout</li> <li>• Full body conditioning workout – side touching, high bar your front leg, high bar for side touch (Left &amp; Right), Lunges, Jumping jack</li> <li>• Front abdominal workout – Flutter kicks, elbow plank, cross touch, star plank hallow hold.</li> </ul>				
4.		<b>Bharatnatyam</b>	मिश्रचापु ताल को द्वितीय लय में सीखना।	सीखी हुई ताल का अभ्यास करें।	मिश्रचापु ताल को तृतीय लय में सीखना।	सीखी हुई ताल का अभ्यास करें।

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5.	<b>Vocal Music</b>	Thumri (Sthayi)	Thumri (Antra )	Thumri (Sthayi with Taal)	Thumri (Antra with Taal)	Revision
6.	<b>Drama</b>	Script Design	About the How to read script	Blocking design for the play	How to use costume	Discuss on all activities
7.	<b>Folk dance</b>	Starting a 4th paragraph of Ghoomar dance without music	Practice of 4th paragraph Ghoomar dance with music	Now properly practice of 4th paragraph ghoomar dance	Practice nicely	Practice with music
8.	<b>Integrated Activities</b>	Making cat from cardboard	Making elephant mask from color paper	Bird making from color paper	Rat making from waste paper	Painting from flowers
9.	<b>Clay Work</b>	We will make model based on the environment				
10.	<b>Weaving</b>	Woven paper fish	Woven paper clip	Woven bracelet	Woven necklace	Woven hairband
11.	<b>Photography</b>	we will discuss about photo story				