

# National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 04<sup>th</sup> August to 8<sup>st</sup> August, 2020

S.No.	Section	04.08.2020 (Tuesday)	05.08.2020 (Wednesday)	06.08.2020 (Thursday)	07.08.2020 (Friday)	08.08.2020 (Saturday)
1.	<b>Photography</b>	This week tutorials on photography will be given to understand photography in better way				
2.	<b>Clay</b>	We will make model based on wild life which lives in the nature.				
3.	<b>Weaving</b>	Different types of optical illusion weaving				
4.	<b>Environment</b>	1. Whirling papers snake 2. Air circulation	Heat capacity-sand versus water	Hair hygrometer	Earth atmosphere	Interaction with children
5.	<b>Integrated</b>	Making Photo frame from color paper	Making duck from paper	Making Wall hanging from color paper	Mask making of rabbit from color paper	Making Door hanging of flower from color paper
6.	<b>Woodcraft</b>	How to make a key ring by wood	How to do framing of painting	How to make a design in wood Inlay technique	How to make toys by wood	Practice of making flower by children
7.	<b>Aeromodelling</b>	Introduction of Winds	Different Types of Winds.	What are Planetary Winds	Definition of Trade Winds	What are the Westerlies Winds
8.	<b>Stitchery</b>	Children will be introduced to SMOCKING technique on cloth	Children will learn about WAVE SMOCKING. (Part -1)	Children will learn about WAVE SMOCKING. (Part – 2)	Children will learn about PINEAPPLE SMOCKING. ( Part- 1)	Children will learn about PINEAPPLE SMOCKING. (Part- 2)
9.	<b>Phy. Education</b>	Children should do higher intensity and resistance activities everyday as those exercises will help to strengthen, flexibility muscles and bones. Examples are – Floor gymnastic in home, skipping, climbing play ground activity, body resistance exercises, such as sit ups and push ups, spot jogging, throwing & catching games, plank.				

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10.		Jogging, good warming up exercise – 1. Normal Uchikomi, 2. High speed uchikomi, 3. Cooling down	Good warming up exercise -1. Side running corner tuch, 2.Jogging, 3. Chin up, 4. Spote, 5. Squats high jump	Good warming up exercise – 1. Both side uchikomi with theraband, 2. Back pick & drop with both hand fingers, 3. Pulling ex. With uniform, 4. Push ups, 5. Light jogging	Good warming up exercise – 1. Spider circle both side, 2. Spider with front & back, 3. stand with wall, 4. Wall sit chair style, 5. Chair sit squats	Good warming up exercise – 1. Ground exercise sprint speed. Cooling down.
11.		Daily body warming up head to toe	Warming up exercise head to toe	50 mtr sprint 5 to 7 set	General warming exercise	Full body stretch exercise
12.	<b>Museum</b>	Discussing about animals and their classification as per their habitat, followed by activity.	Giving children information about classification about animal species like: endangered species, rare species, extinct ones etc. Followed by an activity.	Briefing children about Causes of extinction of the animal species followed by activity.	Introducing children to forest reserves, sanctuaries and the likes followed by activity.	Informing children about role of Museums in safeguarding animals, do's and don'ts to be followed in safeguarding them, followed by activity.
13.	<b>Bharatnatyam</b>	'ता हत झम तरि ताम' अडवु के पाद संचालन को सीखना ।	'अर्धपताक हस्त विनियोग के आधे भाग को सीखना ।	'ता हत झम तरि ताम' अडवु के पाद संचालन को हस्त संचालन के साथ सीखना।	'अर्धपताक हस्त विनियोग' के बचे हुए हस्त मुद्राओं को सीखना।	'सीखे हुए अडवु ' तत तेई ताम' का अभ्यास करना तथा इस सप्ताह सीखे हुए सभी कार्यों का अभ्यास करना।

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14.	<b>Vocal Music</b>	lok geet (Asami )	sthayi of lok geet	Antra of lok geet	Lok geet (How to sing with Taal )	Revision of all
15.		This week we will encourage children to try and learn to sing simple sargam geet. Day one will be fir a simple Sargam Geet.	Another simple Sargam Geet with several antaras	Sargam Geet previously learnt Ragas. First will be in Raag Bhupali.	Sargam Geet in Raag Yaman.	Sargam Gaat in Raag Bhairav.
16.	<b>Astronomy</b>	Infrared Astronomy	Observatories in Astronomy	Radio Astronomy	Ultraviolet Astronomy	X-Rays in Astronomy
17.	<b>Drama</b>	Mirror exercise	Parsi theatre	Navrasa	Swang dance drama	Tamasha
18.	<b>Folk Dance</b>	now we are starting first half of Lavni dance footwork and hand movement and body language	we are practice footwork and hand movement and body language with song	we work body language and foot work hand moment without music	We finished the first half of Lavni dance without song	we practice the first half of Lavani dance with music
19.	<b>Radio &amp; Electronics</b>	Homemade Air Cooler	Model of Wind-Turbine	Simple Touch Sensor	Rain Alarm	Homopolar Motor