

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 06 – 10 April, 2021

S.No.	Section	06.04.2021 (Tuesday)	07.04.2021 (Wednesday)	08.04.2021 (Thursday)	09.04.2021 (Friday)	10.04.2021 (Saturday)
1.	Phy. Education	<ul style="list-style-type: none"> • Warm up exe. with all rolling exe. • All ukomi's • Shadow uchi komi • Lifting uchi komi • Nage komi in movement 	<ul style="list-style-type: none"> • Warm up exe. with all rolling exe. • Newaza uchi komi • Ne waza training & control • Entry to newaza & use • Breaking & hold • Alternate throw 	<ul style="list-style-type: none"> • Warm up exe. with all newaza tech. exe. • Newaza osai komi • Breaking hold both side • Ne waza randori • Stretching exe. 	<ul style="list-style-type: none"> • Warming up ex. With ukemi • Met exe. With partner • Entry to newaza & control • Chin-up ex with gi • Newaza randori hold & break only • Nage komi 	<ul style="list-style-type: none"> • Warming DP ex. • Newaza hold • Hold & break with 3 partner • Breaking hold single partner • Alternate throw • Stretching exe.
2.	Vocal Music	भाईचारे पर वृंद गान (स्थाई)	भाईचारे पर वृंद गान (अंतरा 1)	भाईचारे पर वृंद गान (अंतरा 2)	भाईचारे पर वृंद गान (सरगम)	पूर्ण गीत दोहराया जाएगा।
		Bhajan (Sthayi)	Bhajan (Antra)	Bhajan (Sthayi with Taal)	Bhajan (Antra with Taal)	Revision
3.	Handicraft	Origami Bird	Cup Ice Cream	Tulip Origami Flower	Origami ship	Paper masu Box
4.	Integrated Activities	रंगीन पेपर से पेन स्टैंड बनाना।	रंगीन पेपर से मोर बनाना।	रंगीन पेपर से फूल बनाना।	रंगीन पेपर से हट बनाना।	रंगीन पेपर से फनी मास्क बनाना।
5.	Museum	'Fun with Numbers' Aim: To make children aware about various Indian mathematicians, learn math's tricks and know about a Museum				

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		<p>related to it, so as to make maths an interesting subject for them. (Three days a week programme) Day 1: Introducing children to the famous Indian geniuses in the field of Mathematics. Day 2: Exploring few maths tricks in fun way. Day 3: Knowing more about maths by exploring a Museum.</p>				
6.	Weaving	Different types of woven bracelet and friendship band				