

# National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 6 – 10 July, 2021

S.No.	Section	06.07.2021 (Tuesday)	07.07.2021 (Wednesday)	08.07.2021 (Thursday)	09.07.2021 (Friday)	10.07.2021 (Saturday)
1.	<b>Physical Education</b>	'The Daily 10' : - 10 Jumping jacks, 10 burpees, 10 crunches, 10 front lunges, 10 pushups, 10 squats calf raises, 10 knee lifts, 10 sec. plank, 10 mountain climbers.				
2.	<b>Vocal Music</b>	Rajasthani Lok Geet (Moriya Achho Bolyo Re....)				
		Gazal (Sthayi)	Gazal (Antra)	Gazal (Sthayi with Taal)	Gazal (Antra with Taal)	Revision
3.	<b>Bharatnatyam</b>	जतिस्वरम के चतुर्थ कोरवई के हस्त संचालन को सीखना।	जतिस्वरम के अंतिम पादसंचालन सीखना।	अभ्यास	जतिस्वरम के अंतिम हस्त संचालन सीखना।	अभ्यास ।
4.	<b>Drama</b>	Play scene work	Play rehearsal scene	Scene work and rehearsal	Run through play scene	Run through with properties
5.	<b>Integrated Activities</b>	Mask making from color paper	Cat making from color paper	Bird making from color paper	Flower making from color paper	Fish making from color paper
6.	<b>Handicraft</b>	Magic Paper card	How to make paper mobile stand	Hot to make a paper pencil box	Paper magic wand craft	How to make paper cup
7.	<b>Home Management</b>	Discussion of food preservation	natural preservatives	Jam making & storage	Squash making & storage	Candy making & packaging
8.	<b>Weaving</b>	Different types of bamboo, jute woven items				
9.	<b>Clay</b>	We will make model based on the different types of ancient animals				