

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 1 – 5 June, 2021

S.No.	Section	01.06.2021 (Tuesday)	02.06.2021 (Wednesday)	03.06.2021 (Thursday)	04.06.2021 (Friday)	05.06.2021 (Saturday)
1.	Phy. Education	Exercises for help to strengthen, flexibility muscles and bones: - Floor gymnastic in home, climbing play ground activity, throwing & catching games, body resistance, exercises, such a sit ups and push ups, skipping, spot jogging, Lunges, burpee, plank				
2.	Vocal Music	Thumri in Raag Pilu (Sthayi)	Thumri in Raag Pilu (Antara 1)	Thumri in Raag Pilu (Antara 2)	Complete Thumri With Simple Variations	Revision
		Rajasthani lok geet (Sthayi)	Rajasthani Lok geet (Antra)	Rajasthani Lok geet (Sthayi with Taal)	Rajasthani lok geet (Antra with Taal)	Revision
3.	Folk Dance	Second paragraph of Haryanvi dance without music	Revision of second paragraph	Practice of second paragraph with music	Revision of first and second paragraph both with music	Practice of first half with music
4.	Bharatnatyam	जतिस्वरम के प्रथम कोरवई के पाद संचालन को सीखना।	अभ्यास	जतिस्वरम के प्रथम कोरवई के हस्त संचालन को सीखना।	अभ्यास	पूर्ण प्रथम कोरवई का अभ्यास ।
5.	Drama	Focus	Play Reading	Listening	Quick Thinking	Emotional memory
6.	Integrated Activities	रंगीन पेपर से पंखा	पेपर से सिनरी बनाना।	रंगीन पेपर से	अखबार से पक्षी	रंगीन पेपर से मास्का

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		बनाना।		घूमने वाली गुडिअय बनाना।	बनाना।	बनाना।
7.	Weaving	Types of Saree (Handloom) of different States of India				
8.	Environment, Aquarium and Animal Corner	Children will do activities related to ocean 1 introduction 2. Role in ecosystem 3. Geographical distribution 4. Biodiversity in Ocean 5. Pollutions (affect on ocean ecosystem)				
9.	Photography	This week tutorials with example how to do food photography at home				
10.	Clay	We will make model based on environment				