

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 9 – 13, March, 2021

S.No.	Section	09.03.2021 (Tuesday)	10.03.2021 (Wednesday)	11.03.2021 (Thursday)	12.03.2021 (Friday)	13.03.2021 (Saturday)
1.	Environment, Animal Corner and Aquarium	Parts of flower	Puzzles	Pollens observation –	Butterfly-identification	Moth- identification
2.	Phy. Education	<ul style="list-style-type: none"> • Warm up exe. • Gripping technique with partner • Gripping control opponent only ashi waza technique • Dumbbell exe • Push ups • Chin-ups with dogs • Sit ups 	<ul style="list-style-type: none"> • Warm up exe. • Counter uchi komi • Randori only counter technique • Lifting uchi komi with partner 	<ul style="list-style-type: none"> • Jogging 3 to 5 km • Good warming up ex. • Stretching exe. 	<ul style="list-style-type: none"> • Warming up exe. • Hand walk • Pulling exe. Front side. • Pulling exe. Back side. • Pulling exe. face to face • Slow push-ups 	<ul style="list-style-type: none"> • Marathon • Stretching exe.
3.		25 Jumping jacks, 25 sit ups, 1 minute jump rope	Warm-up 15 minutes light jogging, 25 burpees, 25 tricops dips, 25 are circles, 15 sec sprint	Warm-up 20 minutes light jogging, 30 Sec high knees, 30 sec. plank, 30 sec. wall sit, 25 sit ups	Warm-up 25 minutes light jogging, 25 tricep dips, 25 pushups, 50 air panches, 30 sec. plank	Warm-up 30 minutes light jogging, 25 lunges, 1 min. wall sit, 2 min. hulla hoop, 25 sit ups, relax stretch 10 min.

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4.	Bharatnatyam	मिश्रचापु ताल को प्रथम तथा द्वितीय गति मे लगाने का अभ्यास करना।	मिश्रचापु ताल को तृतीय गति मे लगाना सीखना।	सीखी गई ताल का अभ्यास करना।	सप्त ताल को स्वरूप के साथ पढना।	इस सप्ताह सीखी हुई ताल का अभ्यास करना।
5.	Vocal Music	Punjabi lok geet (Sthayi)	Punjabi Lok geet (Antra)	Punjabi Lok geet (Sthayi with Taal)	Punjabi Lok geet (Antra with Taal)	Revision
6.	Drama	Play improvisation	Play scene work	Characterization according to music	Gropus scene work	Discussion about the weekly activities
7.	Folk dance	Now we are starting of 5th paragraph Ghoomar dance without music	Practice of 5th paragraph Ghoomar dance with music	Practice of last music part without song	Keep practice of Ghoomar dance 5th paragraph	Now we're finish of Ghoomar dance with music
8.	Integrated Activities	रंगीन पेपर से मास्क बनाना।	रंगीन पेपर से तितली बनाना।	रंगीन पेपर से सीनरी बनाना।	मधुबनी पेंटिंग बनाना।	पेपर कम से वॉल हैंगिंग बनाना।
9.	Weaving	Different types of paper weaving				