## SACHDEVA GLOBAL SCHOOL

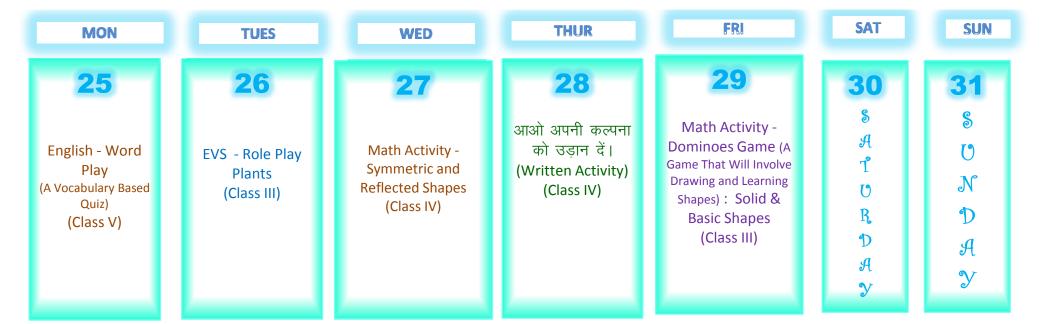
**ACTIVITY PLANNER - AUGUST - 2014** 

**CLASSES: III-V** 

**THEME: INCREDIBLE INDIA** 







CO - CURRICULAR ACTIVITIES	
WESTERN DANCE	<ol> <li>WARMING WORKOUT</li> <li>INTRODUCTION OF HIP HOP DANCE</li> <li>STEPS OF CONTEMPORARY DANCE ON WESTERN BEATS</li> </ol>
AEROBICS	HEEL, TOE, HEAD, TAP STEPS WITH MUSIC
YOGA	DHANURASANA, CHAKRASANA, HALASANA, BHUJASANA, CHANTING OF OM TECHNIQUE OF KAPALBHATI PRANAYAMA
GAMES	KICKING PRATICE (FOOTBALL), KNOWLEDGE OF COOLING DOWN EXERCISES
WESTERN MUSIC	<ol> <li>UNDERSTANDING 3 / 4 BEAT</li> <li>PRACTICE OF 3 / 4 BNEAT IN INSTRUMENTS</li> <li>NOTES AND REST VALUE</li> </ol>
SPORTS	TABLE TENNIS - SERVICE, INTRODUCTION OF RULES
INDIAN DANCE	DANCE STEPS ON SONG VANDE MATARAM AND MARATHI DANCE
INDIAN MUSIC	<ol> <li>2 BASIC ALANKAR</li> <li>3. SONG - AE MAALIK TERE BANDE HUM</li> <li>2. TAAL DAADRA</li> <li>4. ONE PATRIOTIC SONG</li> </ol>