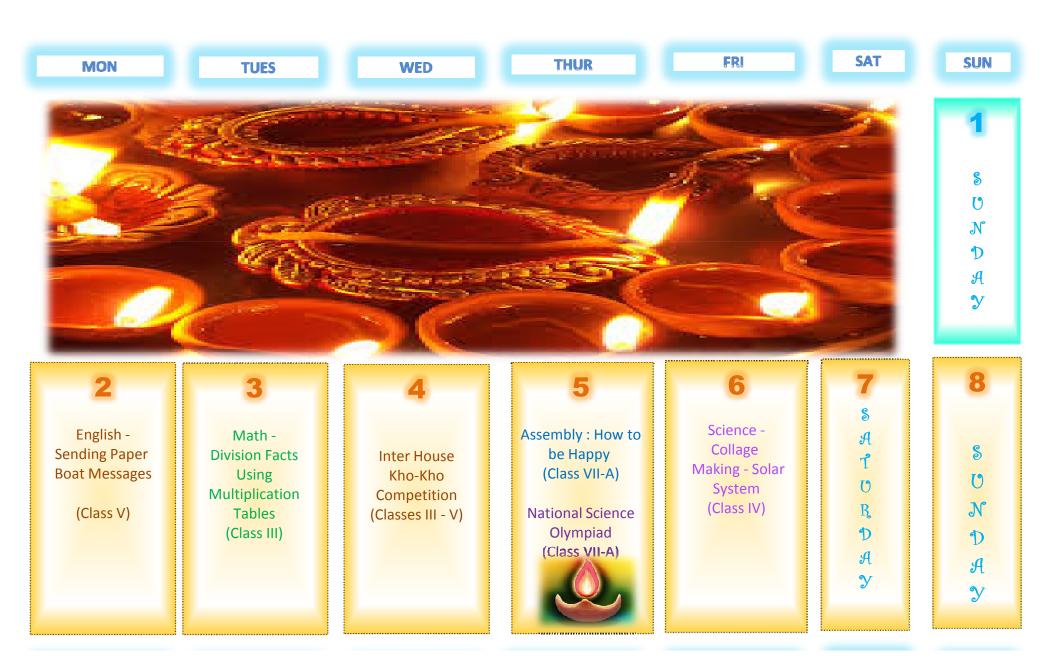
## SACHDEVA GLOBAL SCHOOL

**ACTIVITY PLANNER - NOVEMBER 2015** 

**CLASSES: III-V** 





MON TUES WED THUR FRI SAT SUN

23

Math -Tabular Representation of Decimal Numbers (Class V) 24

EVS -Collage Making - Means of Transport (Class III) 25



GURU NANAK'S BIRTHDAY 26

Assembly International Day
for Elimination of
Violence Against
Women
(Class VI A)

27

French Pictorial
Representation of
Nationalities
(Classes IV - VIII)

28

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स्वच्छता का महत्व (Class IV)



CO - CURRICULAR ACTIVITIES	
AEROBICS	CLASS - III WARMING UP WITH DYNAMIC EXERCISE CONE FORMATION SPEED WORK WORKOUT FOR THE ENHANCEMENT OF EXPLOSIVE STRENGTH OF LEGS  CLASS - IV WARMING UP WITH GENERAL METHOD BASIC MOVEMENTS OF RHYTHMIC AEROBICS LIKE MARCH AND SPOT, FORWARD AND BACKWARD MARCHING, SINGLE STEP TOUCH, DOUBLE STEP TOUCH  CLASS - V GENERAL WARMING UP WITH STRETCHING COMPLICATED MOVEMENTS OF RHYTHMIC AEROBICS LIKE L SHAPE STEPPING, GRAPEWINE STEPPING
DRUMS AND GUITAR	PRACTICE OF BASS DRUM READING PRACTICE OF NOTES AND REST
PIANO	PRACTICE WITH METRONOME INTRODUCTION OF C MAJOR KEY TRINITY EXAM PRACTICE NOTES AND REST VALUE THOMPSON PRACTICE BOOK PAGE NO: 20-30
INDIAN DANCE	TATKAR IN SINGLE, DOUBLE ASAMYUTA AND SAMYUTA HASTA GREEVA BHEDA 2 TIHAI 2 KAVIT 2 CHAKKARDAR TODA 10 TORAS
INDIAN VOCAL MUSIC	RAAG BHOPALI - BANDISH IN TEEN TAAL TAAL - DADRA (SHOW ON HANDS) WESTERN VOCAL MUSIC
WESTERN DANCE	WARMING UP EXERCISE ADVANCE HIP HOP STEPS CHOREOGRAPHY ON A NEW BEATS AND REVISION OF PREVIOUS SONG
WESTERN VOCAL MUSIC	REVISION OF SONG - I LOVE YOU GOD CLAPING EXERCISE WITH 3/4 TIME SIGNATURE NOTES EXERCISE
YOGA	CHAKRASANA,TRIKONASANA,BHUJANGASANA AND NAUKASANA