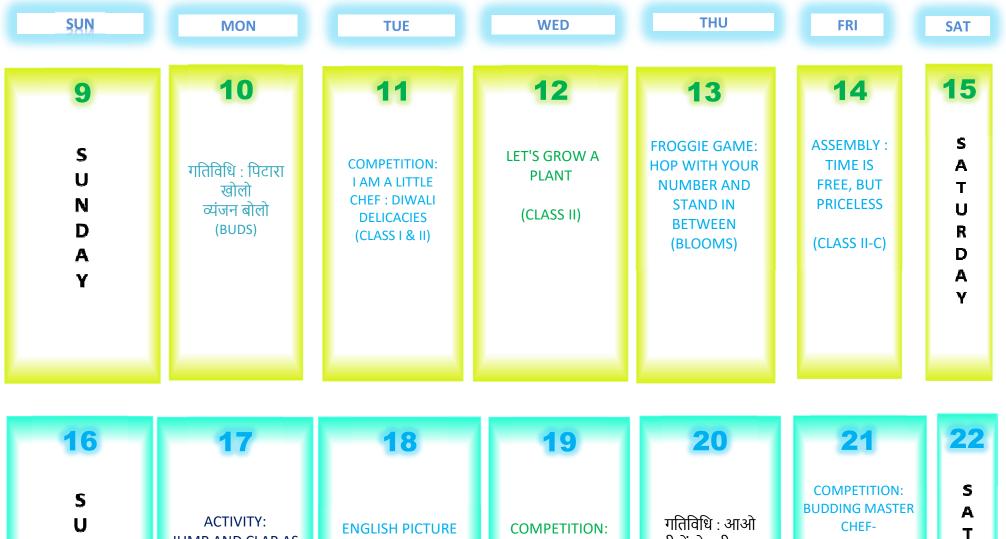
## SACHDEVA GLOBAL SCHOOL

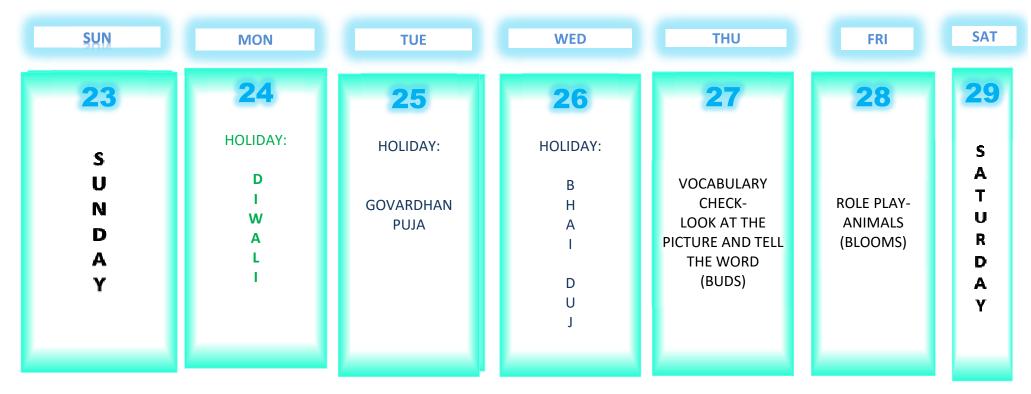
## **ACTIVITY PLANNER - OCTOBER 2022**

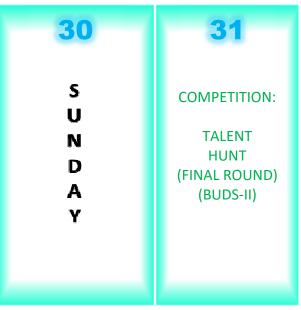
**CLASSES: BUDS-II** 

SUN	MON	TUE	WED	THU	FRI	SAT
						S A T U R D A
2	3	4	5	6	7	8
HOLIDAY :  GANDHI JAYANTI	MAHA ASHTAMI	HOLIDAY :  MAHA NAVMI	HOLIDAY:  D U S E H R A	POEM RECITATION: WONDERFUL NEIGHBOURS (CLASS II)	ASSEMBLY: CERTIFICATE DISTRIBUTION (CLASSES BUDS TO II)	S A T U R D A Y



Т JUMP AND CLAP AS सीखें ऐ की मात्रा MAKING DIWALI **FESTIVE** N **COMPOSITION:** U PER THE NUMBER **DELICACIES** A VISIT TO A BEACH **CELEBRATION -**D R **CALLED** (BUDS) (CLASS I) (CLASS I) **DECORATING A** Α (BUDS) D DIYA **ASSEMBLY:** Υ Α (BLOOMS) DIWALI Υ (CLASS II-D) **TALENT HUNT: PRELIMINARY ROUND** 





CO - CURRICULAR ACTIVITIES				
DRUMS	* 4 BEATS PRACTICE AND DYNAMICS (BUDS & BLOOMS)  * PLAYING PRACTICE OF 4/4 BEAT WITH METRONOME (I & II)			
INDIAN DANCE	* FIRST HAND MOVEMENT IN (एकगुण, दुर्गुण) (BUDS & BLOOMS) * DANCE ON SONG (DIWALI, DIWALI) (BUDS & BLOOMS) * STEP OF TATKAAR IN TEENTAAL (एकगुण, दुर्गुण) (I & II) * DANCE ON SONG (MERE TUMHARE SLOKE LIYE HAPPY DIWALI)			
INDIAN VOCAL MUSIC	* BASIC 2 SARGAM IN TEENTAAL (BUDS & BLOOMS)  * BREATHING AND PITCH EXERCISE (BUDS & BLOOMS)  * DIWALI SONG :- DIWALI AAI, KHUSHIYA LAI (BUDS & II)  * REVISION OF PREVIOUS SONGS (BUDS & II)  * PITCH EXERCISE (I & II)  * 3 BASIC ALANKARS IN TEENTAAL (I & II)			
PIANO	* TOUCH C KEYS AND SING (BUDS & BLOOMS)  * 4 COUNTS CLAPPING EXERCISE (BUDS & BLOOMS)  * PRACTICE OF DYNAMICS (BUDS & BLOOMS)  * TOUCH ALL C KEYS ON THE PIANO WITH BOTH HANDS (I & II)  * PLAYING C TO 6 NOTES IN 4 COUNTS WITH RIGHT HAND (I & II)  * CLAPPING EXERCISE WITH RHYTHM (I & II)			

## \* SONG FOR A MONTH "GLAD YOU CAME" (BUDS & BLOOMS) \* SHOULDER ISOLATION (BUDS & BLOOMS) \* TAP DANCE (FIVE BASIC STEPS) +SNAP (BUDS & II) \* SONG FOR A MOUTH "GREAS MEGAMIX" (I & II) \* SIDE LATERALS AND WORKING ON OPPOSITION (I & II)

\* SONG - HOW IS THE WEATHER (BUDS & BLOOMS)

\* PREVIOUS EXERCISES & SONG (BUDS & BLOOMS)

\* IT'S A BEAUTIFUL DAY (I & II)

\* BODY PERCUSSIONS (I & II)

\* SONG : WE SHALL OVER COME - REVISE ((I & II)

AEROBICS	* STEPPING WITH 10-12 EXERCISES WITH BOTH HANDS AND LEGS WITH DIFFERENT SET OF EXERCISES (I & II)	
YOGA	* YOGA PRAYER, BHRAMRI PRANAYAM, PADAHASTASANA, CHAKRASANA (I & II)	
SKATING	* ROLLING OF WHEELS AFTER BALANCING, BY DOING SEVERAL EXERCISES ON SKATES (I & II)	
ART	* STICK PUPPET OF RAVANA, DIWALI CARD (BUDS & BLOOMS)  * ROUND MIRRORS & CRYSTAL PASTING - DIYA (I)  * ICE CREAM STICKS & MIRROR PASTING - PEACOCK (I)  * DECORATION WITH GLITTERS & SEQUINS RANGOLI (II)  * ROUND MIRRORS & CRYSTAL PASTING DIYA & CANDLES (II)	