## **SACHDEVA GLOBAL SCHOOL**

**ACTIVITY PLANNER - SEPTEMBER 2014** 

**CLASSES: III-V** 

**THEME:- SOULFUL SYMPHONY** 

 MON
 TUES
 WED
 THUR
 FRI
 SAT
 SUN



1

English -Cleanliness Survey : Writing Activity (Class V) 2

वाद विवाद — वर्तमान समय में हिन्दी भाषा का महत्व (Class V) 3

Science - making a First Aid Kit (Class V) 4

Social Science Best Out of
Waste
(Class V)

5

Special Assembly
- Teacher's Day
(Class XII)

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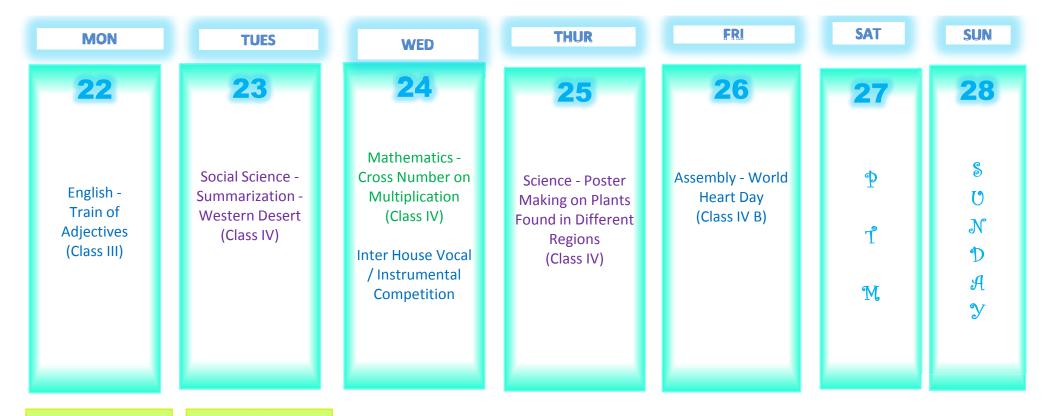
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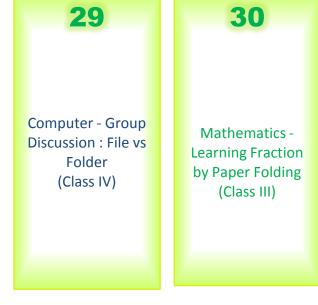
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CO - CURRICULAR ACTIVITIES	
WESTERN DANCE	<ol> <li>WARMING WORKOUT</li> <li>STEPS OF CONTEMPORARY DANCE ON WESTERN MUSIC</li> <li>STEPS OF HIP-HOP ON RIGHT ROUND SONG FOR DANCE</li> </ol>
AEROBICS	<ol> <li>ADVAMCE AEROBICS STEPS</li> <li>'L' SHAPE, CROSS SHAPE, FRONT KNEE UP, 'V' CROSS HANDS UP</li> </ol>
YOGA	AKAM DHANURASANA, KAGASANA, PURNA DHANURASANA, SARVANGASANA, CHANTING OF 'OM', BHRAMARI PRANAYAMA
WESTERN MUSIC	<ol> <li>CLAPPING EXERCISE IN 3/4 BEAT</li> <li>HOW TO FIND OUT THE TIME SIGNATURE AND TEMPO OF A SONG</li> <li>NOTES AND NEST VALUE</li> </ol>
INDIAN DANCE	ADHARAM MADHURAM SEMI CLASSICAL DANCE FORM
SPORTS	<ol> <li>STRETCHING AND WARM UP EXERCISE</li> <li>HEATS FOR ANNUAL ATHLETIC MEET</li> </ol>
	CLASSES III - IV

2. DESCRIPTION OF TAAL LIKE SAM, VIBHAAG, KHAALI, TAALI AND MATRAS

1. PARICHAY OF RAAG 'NYAS' IN VAADI 'N' SAMVAADI'

1. RAAG - KAAFI (AALAP, BANDISH & TAAN)

2. A SONG FOR TEACHER'S DAY

3. RAAG 'YAMAN'

CLASS V

**VOCAL MUSIC**