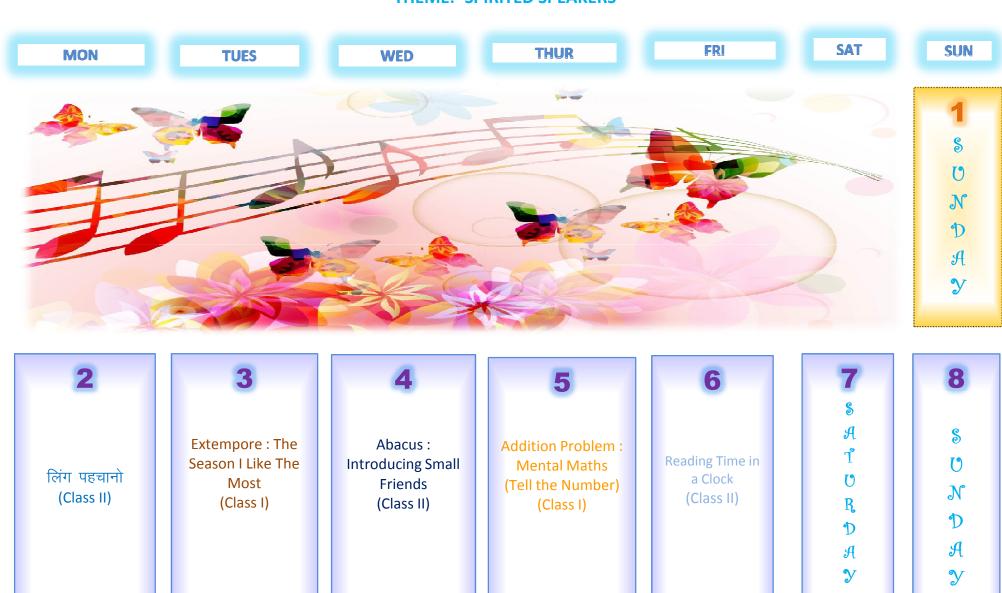
SACHDEVA GLOBAL SCHOOL

ACTIVITY PLANNER - FEBRUARY 2015

CLASSES: I-II

THEME:- SPIRITED SPEAKERS







CO	- CURRICULAR ACTIVITIES
AEROBICS	1. REVISION OF ALL EXERCISES 2. DANCE AEROBICS ON LION KING MUSIC
ART	1. RUBBER BAND PASTING 2. FLOWER & LEAF PASTING
INDIAN DANCE	REVISION OF STEPS DONE PREVIOUSLY
INDIAN MUSIC	 REVISION AND PRACTICE OF ALL PREVIOUS SONGS. REVISION OF ALL ALANKARAS AND SARGAMS
SPORTS	 GENERAL STRETCHING TO DEVELOP FLEXIBILITY OF LIMBS CONE FORMATION RUNNING ACTIVITIES RECREATIONAL GAMES
WESTERN DANCE	1. WARMING WORKOUT 2. REVISION OF PREVIOUS SONGS LIKE - WE LIKE TO PARTY, WAKE UP IN THE MORNING, BABY U ETC, FOR DANCE
WESTERN MUSIC	 UNDERSTANDING NOTES AND REST PRACTICE OF READING NOTES AND REST RIGHT HAND FINGER EXERCISE (C-G, G-C)
YOGA	SURYANAMASKAR, TADASANA, VRAKSHANA, GOMUKHASANA, DHANURASANA