



## **A Glimpse into the Co-curricular Activities**

**June, July and August, 2017**

### **Class I**

#### **Art:**

- Color wheel
- Crayons techniques
- Carrot & tomato
- Scribbling
- Free hand drawing
- Alphabet art
- Alphabet & Number art
- Design in a balloon

#### **Craft:**

- Fan fold flower
- Accordion folded garden
- Ganpati (Paper crumpling)
- Rakhi
- Paper plate fish

#### **Music:**

- School Anthem
- Song- A Gift to you
- Song- My God is so Big
- Prayer song- He Bhagwan Tujhe Pranaam

#### **P.Ed.:**

- Introduction – Dog and the Bone Game
- Introduction - Langdi in circle
- Fire in the mountain
- Zigzag walking
- Complete warm-up exercises.
- Speed Ladder drill
- Basic warm exercise

**Indoor Games:**

- Chess introduction
- Specific moves, practice
- Selection for Intra House competition.
- Gymnastics basic warm up and stretches

**Karate:**

- Introduction about taekwondo
- Stance practice
- Punch, block
- Chop, E-Ja
- Up chagi kick
- Up tulo kick
- Korolagi kick
- Partner kick practice

**Yoga:**

- Vajarasana
- Sukhasana
- Ardha Padmasana
- Hand, Leg & Neck exercises
- Tadasana
- Konasana 1,2 & 3
- Adhomukhaswanasan 1 & 2
- Ustrasana 1
- Marjarasana 1 & 2
- Pawana Muktasana

**Dance:**

- Posture (Rhymes)
- Basic jazz position
- Hands – Jazz, fisted, what, flop, cup, butterfly, point, Namaste
- Directions – Right, left, forward, back
- 1<sup>st</sup> and 2<sup>nd</sup> position ballet
- Back is a Building
- Side stretch (tall tree)
- Arms – Up, down, side, roll, cross
- Bounces in 1st and 2nd position jazz and ballet
- Plie’ – Demi (half) in 2nd position jazz and ballet



- Diamond
- Point and Flex
- Roll down and up

## **Dance Terms**

- Bounce
- Shimmy

## **Passes**

- Plie' Walk (Small man)

## **Dance Activities (Therapy)**

- Finding objects and colours
- Dancing statues
- Balancing