



A Glimpse into the Co-curricular Activities

June, July and August, 2017

Class VI

Art:

- Free Hand Drawing
- Design
- Still Life Drawing (2)
- Memory Drawing
- 2D Design

SUPW:

- Jute Bottle
- Bookmark
- Krishna's flute

Physical Education:

- Chess - Introduction and Specific moves
- Selection for Intra House Chess Competition
- Football - Rules and Skill Development
- Throw ball - Rules and Skill Development

Karate:

- Kick Practice
- Fight Stance
- Running kick
- Push-up
- Stomach practice
- One step Uptulo
- One step Korolagi
- Back kick
- Partner kick practice
- 1st, 2nd, 3rd Poomse Practice
- Non contact fight

Yoga:

- Akarnadhanurasan
- Kandharasan
- Viparitabhiravasan



- Anantasan
- Ardhaushtasan
- Malasan
- Shwanasan
- Gorakshasan
- Marjarasan
- Chakkiasan
- Adhomukhashwanasan
- Prasaritapadottanasa

Dance:

- Posture
- All four Jazz positions
- Hands – Jazz, Fisted, What, Flop, Cup, Butterfly, Point, Namaste
- All four Ballet positions with arms
- Back is a Building
- Isolations
- Yawn Stretch
- Side Stretch
- Lateral stretches in 2nd plie' position
- Arms – Up, Down, Side, Roll, Cross
- lie' – Demi and Grande' in 1st and 2nd position Jazz and Ballet
- Lunge
- Diamond
- 1st and 2nd position on the floor
- Extend – Contract
- Point and Flex
- Scoops

Dance Terms:

- Bounce
- Shimmy
- Releve'
- Shuffle
- Chasse
- Cross Out

Passes:

- Releve walk
- Plie' Walk



- Plie' 2nd to 1st – Chaine prep
- Style walk
- New York strut

Dance Activities (Therapy)

- Starfish
- Rhythm circle-Solo/Partners/Group
- Mirroring-Partners
- Balancing-Solo