



A Glimpse into the Co-curricular Activities

June, July and August, 2017

Class VII

Art:

- Colour scheme
- Free hand drawing
- Design
- Memory drawing
- Typography
- Still life

SUPW:

- Stone paper weight
- Pen holder
- Note pad

Physical Education:

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

Karate:

- Warm-up practice
- Kick practice
- Fight Stange
- Punch
- Block
- Chop
- E-ja
- Running kick
- Push-up
- Stomach practice
- One step Uptulo
- One step Korolagi



- 1st, 2nd, 3rd Poomse
- Non contact fight

Yoga:

- Bhujangasan 1,2
- Suptabhujangasan
- Pavanamuktasan rolling
- Naukasan
- Marichiasan
- Samanahastanaukasan
- Baddhahastanukasan
- Urdhvahastachakrasan
- Urdhvapadachakrasan
- Mushtibaddhanaukasan
- Kapotasan
- Utthitakonasan
- Dhanurasan
- Viparitabhiravasan

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
- Flat back
- Isolations
- Yawn Stretch
- Side Stretch
- Lateral stretches in 2nd plie' position
- Arms – Up, down, side, roll, cross
- Plie' – in all positions
- Lunge
- Diamond
- 1st and 2nd position on the floor
- Extend – Contract
- Point and Flex



Dance Terms

- Bounce
- Shimmy
- Releve'
- Shuffle
- Chasse
- Cross Out
- Passe' leg-low, mid and high

Passes

- Releve walk
- Plie' Walk
- Plie' 2nd to 1st – Chainé prep
- Style walk
- New York strut

Dance Activities (Therapy)

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