

GREEN FIELDS NURSERY SCHOOL
Celebrates
FIT INDIA
FITNESS WEEK-7th -12th December 2020



FIT INDIA MOVEMENT 2020



COVID-19 ADVISORY

Stay Protected from Corona

Wear your mask properly

Frequently wash your hands with soap

Maintain safe distance

No Carelessness until there is a Cure

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Green Fields Nursery School

B1/12 Safdarjung Enclave, New Delhi-110029.

Prep Class Virtual Classes Planner Week 28

{7th December – 11th December'2020}

(REVISION WEEK)

TIME TABLE

DAY AND DATE	SESSION 1	SESSION 2
Monday 7-12-20	English	Hindi & EVS
Tuesday 8-12-20	Maths	English
Wednesday 9-12-20	Hindi	EVS
Thursday 10-12-20	English	Maths
Friday 11.12.20	Hindi	Maths

Weekly Planner In Detail :

Day and date	Session 1	Session 2	Home assignments
Monday 7-12-20	English: Look at the picture and the complete sentence	Hindi : Revision Do akshar wale shabd Link : https://youtu.be/prhdX-QhDeU EVS: Helpers Link: https://youtu.be/w5TbTUsxvHs	English: Worksheet Hindi: Spiral चित्र का नाम लिखो EVS: WAM page 87

<p>Tuesday 8-12-20</p>	<p>Maths: What comes before (1-40) Link: https://youtu.be/Es c78_zHSBM</p> <p>Numerals: (1-10) Link: https://youtu.be/O6 JUilTEybU</p>	<p>English: Name the picture Link: https://youtu.be/_uRfJnxKVUQ</p> <p>Revision of blends Link: https://youtu.be/10gDU6Ww3CE</p>	<p>Maths: What comes before and Numerals worksheet English - Worksheet</p>
<p>Wednesd ay 9-12-20</p>	<p>Hindi: शब्द बनाओ खाली स्थान भरें</p>	<p>EVS: Helpers Link: https://youtu.be/fA7nr-mqBbQ</p>	<p>Hindi: Worksheet EVS: WAM page 88 Maths: Learners page 49</p>
<p>Thursday 10-12-20</p>	<p>English: Revision of opposites Revision of This/ That Link: https://youtu.be/_mC9BmlMFzk</p>	<p>Maths : > < = Link: https://youtu.be/5wwi1Fz ocTw</p> <p>Complete the Pattern Link: https://youtu.be/TACVRb5KVWE</p>	<p>English: Worksheet Maths: Worksheet Hindi: Worksheet</p>
<p>Friday 11.12.20</p>	<p>Hindi: चित्र देखकर वाक्य पूरा करो सही शब्द चुनकर लिखो</p>	<p>Maths: Missing number Link: https://youtu.be/nfX2l2v7sLY</p> <p>Shapes Activity: Poster making on "Fit India"</p>	<p>Maths- Worksheet EVS- WAM pages 89,90</p>

Co-Scholastic Activities

Subjects	Contents
<u>Dance</u>	Fitness dance and various dance moves like zumba.
<u>Music</u>	Thematic Rhymes and songs. Prayers, Hindi shlokas and chants
<u>Physical Education</u>	Mass P.T, jumping jacks, fun filled indoor games.
<u>Yoga</u>	Meditation, Surya Namaskar, Suksham Vyayam , Stula Vyayaam , Pranayam.

Summary :

Total Number Of Session Per Subject :

English- thrice this week.

Hindi- thrice this week.

Maths- thrice this week.

E.V.S - twice this week.

Yoga/Music Class/Dance Class - One per week.

ADVISORY REGARDING COVID-19

1. PRACTICE FREQUENT HANDWASHING WITH SOAPWATER OR USE HAND SANITIZER
2. MAINTAIN SOCIAL DISTANCING - 6 FT. (2 M.)
3. WEAR A FACE MASK
4. COVER YOUR MOUTH AND NOSE WITH FLEXED ELBOWS OR HANDKERCHIEF WHILE SNEEZING
5. THROW USED MASKS INTO CLOSED BINS AFTER USE
6. DO NOT SPIT IN PUBLIC