



# WINTER VACATION PLAN

PRE PRIMARY 2020-21

The image features a solid green background. At the top, there is a decorative border with a wavy, multi-colored gradient transitioning from red on the left to yellow, green, and blue on the right. Centered on the green background is the text "LET'S START OUR DAY WITH SPORTS ACTIVITIES DAILY" in a white, bold, serif font, arranged in two lines.

**LET'S START OUR DAY WITH SPORTS  
ACTIVITIES DAILY**

**Fitness Track (Warming up)  
watch the video and do after:  
[https://youtu.be/JoF\\_d5sgGgc](https://youtu.be/JoF_d5sgGgc)**

# ACTIVITY-1

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- Shake one leg to the left
- Shake the other to the right
- Wiggle your shoulder back & front
- Wiggle your shoulder down the floor
- Stretch your arms to the sky
- Bend down low & touch your toes
- Kick your feet & keep them low
- Kick your feet up very high
- Jumping forward & side to side
- Jump back ,give one foot a try



**Motor Development Skills**  
watch the video and do after:  
<https://youtu.be/yEs4PFJ2Tvl>

# ACTIVITY- 2

- Hang a dupatta on the curtain rod and wrap the ball within the dupatta, make sure ball is tightly tied in it.
- let your child swing the ball with full strenght by themselves and make sure they catch the ball with both hands when it comes back.

# ACTIVITY-3

- With the same dupatta tied on the rod , now child can hit it with a bat which make child helps to focus his/her target

# ACTIVITY-4

- In the next game with the same dupatta any of your family member or friend can play with the child.
- Swing the ball towards your ward and let him/her catch the ball with both hand and repeat the same from their side.
- You can make it more interesting by adding two balls with the help of one more dupatta and swing the balls alternatively.

# ACTIVITY-5

## Star jumps

- Squat until your thighs are parallel to the floor .
- From this position, jump up reaching your hands and feet out like a star.
- Land softly on your feet, dropping back to the squat position.

**NOTE: REPEAT ALL THE  
ACTIVITIES TILL 10 DAYS IN 3  
SETS**



NOW LET'S SHOW YOUR CREATIVITY





## BLOW PAINTING



Dear kids , You need 4 cuttings of paper hearts using origami sheets of different colours ,one straw and StepStepng colours for this activity.

- Step 1...Do Tracing using one heart shape on A4 sheet .
- Step 2...Pour little of colour on out line of heart and blow it with a straw .
- Step 3...Do blow painting on it's out lines as shown in the picture using different colours paints .
- Step 4...When it get dry paste all hearts from the centre fold line.
- Step5...Now write your name and class on the top heart .



## CURLED PAPER FLOWERS



Dear kids, you need paper strips of  
1c.m broad and 6inch long -

8strips for 1flower, Fevicol tube.

Step1.. Take a paper strip and roll it  
on a pencil top and paste it's last end  
with glue and remove from pencil.

Step2.. Make all rolls of same colours.

Step3.. Paste them on A4 sheet as shown  
in the picture.

Step3.. You have to make atleast 4 flowers.

Step 4.. You can draw or paste paper leaves  
or real ones as per the availability.



## FORK PAINTING



Dear kids , You need a fork and painting colours for this activity.

step1.. Take few painting colours one a plate.

Step2..Dip your fork in that paint .

Step 3...Take a impression of this fork on A4 gsheet as shown in the picture.


Step4.. Repeat the same using different colour and make 6-7 flowers .

Step 5... Make flowers stick using green paper strips or you can use paint also.



**WE MUST NOT FORGET THAT  
TODAY A READER TOMORROW A LEADER**

**Let's continue With our  
READING ROCKET  
PROJECT**



Dear parent,

We are sharing few stories in pdf & few links of stories with you all. You can make your child read the stories from these or you Can take printouts and create a self reading story books at home for kids to read as it wouldn't damage or hamper eyes of your child and you can reduce the screen time as well.

- A rainy day 📌

<https://app.getfreadom.com/TJYytPtRBcb>

- The Moon and the cap 📌

<https://app.getfreadom.com/IS3dYdaSBcb>

- Buntly and Bubbly 📌

<https://app.getfreadom.com/p9In2dpSBcb>



**ENJOY YOUR HOLIDAYS  
STAY SAFE, STAY HOME**



**2021**

*Happy New Year*