

Lesson Plan (From January 2018 to April 2018)

Name of the Assistant/Associate Professor: Mr. Naveen kumar

Class and Section : B.A I

Subject: *Physical Education*

Week 1
Unit 1
Week 1, Day 1, 1/1/2018
<ul style="list-style-type: none"> <li>• Introduction of Health Education</li> </ul>
Week 1, Day 2, 2/1/2018
<ul style="list-style-type: none"> <li>• Meaning &amp; Definition of Health Education</li> </ul>
Week 1, Day 3, 3/1/2018
<ul style="list-style-type: none"> <li>• Objective of Health Education</li> </ul>
Week 1, Day 4, 4/1/2018
<ul style="list-style-type: none"> <li>• Scope of Health Education</li> </ul>
Week 1, Day 5, 5/1/2018
<ul style="list-style-type: none"> <li>• Practical (Athletic -History)</li> </ul>
Week 1, Day 6, 6/1/2018
<ul style="list-style-type: none"> <li>• Practical (Types of Races)</li> </ul>
Week 2
Week 2, Day 1, 8/1/2018
<ul style="list-style-type: none"> <li>• Importance of Health Education</li> </ul>
Week 2, Day 2, 9/1/2018
<ul style="list-style-type: none"> <li>• What is the effect of Health Education in Society</li> </ul>
Week 2, Day 3, 10/1/2018
<ul style="list-style-type: none"> <li>• Introduction of First Aid</li> </ul>
Week 2, Day 4, 11/1/2018
<ul style="list-style-type: none"> <li>• Meaning &amp; Definition of First Aid</li> </ul>
Week 2, Day 5, 12/1/2018
<ul style="list-style-type: none"> <li>• Practical (Track Marking)</li> </ul>
Week 2, Day 6, 13/1/2018
<ul style="list-style-type: none"> <li>• Practical (Funda Mental Skill- Start )</li> </ul>
Week 3
Week 3, Day 1, 15/1/2017
<ul style="list-style-type: none"> <li>• Objective of First Aid</li> </ul>
Week 3, Day 2, 16/1/2017
<ul style="list-style-type: none"> <li>• General Principal of First Aid</li> </ul>
Week 3, Day 3, 17/1/2017
<ul style="list-style-type: none"> <li>• Different Types of Injuries</li> </ul>
Week 3, Day 4, 18/1/2017
<ul style="list-style-type: none"> <li>• First Aid for Common Injuries</li> </ul>
Week 3, Day 5, 19/1/2017
<ul style="list-style-type: none"> <li>• Practical (Different types of Races)</li> </ul>
Week 3, Day 6, 20/1/2017
<ul style="list-style-type: none"> <li>• Practical (Short &amp; Medium Races)</li> </ul>
Week 4

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Week 4, Day 1, 22/1/2018	<ul style="list-style-type: none"> <li>• <b>Holiday</b></li> </ul>
Week 4, Day 2, 23/1/2018	<ul style="list-style-type: none"> <li>• Bleeding (First Aid)</li> </ul>
Week 4, Day 3, 24/1/2018	<ul style="list-style-type: none"> <li>• <b>Sir Chotu Ram Jyanti</b></li> </ul>
Week 4, Day 4, 25/1/2018	<ul style="list-style-type: none"> <li>• Burns (First Aid)</li> </ul>
Week 4, Day 5, 26/1/2018	<b>Republic day</b>
Week 4, Day 6, 27/1/2018	<ul style="list-style-type: none"> <li>• Electric Shock &amp; Fire (First Aid)</li> </ul>
Week 5	
Week 5, Day 1, 29/1/2018	<ul style="list-style-type: none"> <li>• Drowning (First Aid)</li> </ul>
Week 5, Day 2, 30/1/2018	<ul style="list-style-type: none"> <li>• Snake Bite (First Aid)</li> </ul>
Week 5, Day 3, 31/1/2018	<b>Guru Ravidass Jayanti</b>
Week 5, Day 4, 1/2/2018	<ul style="list-style-type: none"> <li>• Historical Prospects of Physical Education</li> </ul>
Week 5, Day 5, 2/2/2018	<ul style="list-style-type: none"> <li>• Practical (Long Races)</li> </ul>
Week 5, Day 6, 3/2/2018	<ul style="list-style-type: none"> <li>• Practical (Rules &amp; Regulation in races)</li> </ul>
Week 6	
Week 6, Day 1, 5/2/2018	<ul style="list-style-type: none"> <li>• Pre Independents (Introduction)</li> </ul>
Week 6, Day 2, 6/2/2018	<ul style="list-style-type: none"> <li>• Introduction post independent of physical education</li> </ul>
Week 6, Day 3, 7/2/2018	<ul style="list-style-type: none"> <li>• First assignment</li> </ul>
Week 6, Day 4, 8/2/2018	<ul style="list-style-type: none"> <li>• Practical (Introduction Of Field Events)</li> </ul>
Week 6, Day 5, 9/2/2018	<ul style="list-style-type: none"> <li>• Practical (Jump)</li> </ul>
Week 6, Day 6, 10/2/2018	<b>Maharishi Dayanand Saraswati Jayanti</b>
Week 7	
Week 7, Day 1, 12/2/2018	<ul style="list-style-type: none"> <li>• Independence historical development of Phy. &amp; Edu. In India</li> </ul>
Week 7, Day 2, 13/2/2018	<b>Maha Shiv Ratri</b>
Week 7, Day 3, 14/2/2018	<ul style="list-style-type: none"> <li>• Role of I.O.A (Indian Olympic Association)</li> </ul>
Week 7, Day 4, 15/2/2018	<ul style="list-style-type: none"> <li>• Role of S.A.I (Sports Authority Of India)</li> </ul>
Week 7, Day 5, 16/2/2018	<ul style="list-style-type: none"> <li>• Practical (Hockey – History &amp; Ground Measurement)</li> </ul>
Week 7, Day 6, 17/2/2018	

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<ul style="list-style-type: none"> <li>• Practical (Hockey - Funda Mental Skill)</li> </ul>
Week 8
Week 8, Day 1, 19/2/2018
<ul style="list-style-type: none"> <li>• Role Of NSNIS &amp; YMCA</li> </ul>
Week 8, Day 2, 20/2/2018
<ul style="list-style-type: none"> <li>• Development of Physical &amp; Education and Sports after Independent</li> </ul>
Week 8, Day 3, 21/2/2018
<ul style="list-style-type: none"> <li>• Sports policy of Haryana State</li> </ul>
Week 8, Day 4, 22/2/2018
<ul style="list-style-type: none"> <li>• Sports policy of Haryana State</li> </ul>
Week 8, Day 5, 23/2/2018
<ul style="list-style-type: none"> <li>• Test First Chapter</li> </ul>
Week 8, Day 6, 24/2/2018
<ul style="list-style-type: none"> <li>• Practical (Shot Put)</li> </ul>
Week 9
Week 9, Day 1, 26/2/2018
<ul style="list-style-type: none"> <li>• Practical (Funda Mental Skill of Shot Put)</li> </ul>
Week 9, Day 2, 27/2/2018
<ul style="list-style-type: none"> <li>• Practical (Sector Marking)</li> </ul>
Week 9, Day 3, 28/2/2018
Vacation
Week 9, Day 4, 1/3/2018
Vacation
Week 9, Day 5, 2/3/2018
Vacation
Week 9, Day 6, 3/3/2018
Vacation
Week 10
Week 10, Day 1, 5/3/2018
<ul style="list-style-type: none"> <li>• Unit test</li> </ul>
Week 10, Day 2, 6/3/2018
<ul style="list-style-type: none"> <li>• Introduction of Physical Fitness</li> </ul>
Week 10, Day 3, 7/3/2018
<ul style="list-style-type: none"> <li>• Meaning &amp; Definition of Physical Education</li> </ul>
Week 10, Day 4, 8/3/2018
<ul style="list-style-type: none"> <li>• Practical (Terminology of Kho-Kho)</li> </ul>
Week 10, Day 5, 9/3/2018
<ul style="list-style-type: none"> <li>• Practical (Name Of Human Body)</li> </ul>
Week 10, Day 6, 10/3/2018
<ul style="list-style-type: none"> <li>• Identification of Human Body</li> </ul>
Week 11
Week 11, day 1, 12/3/2018
<ul style="list-style-type: none"> <li>• Components of Physical Fitness</li> </ul>
Week 11, day 2, 13/3/2018
<ul style="list-style-type: none"> <li>• Components of Physical Fitness</li> </ul>
Week 11, day 3, 14/3/2018
<ul style="list-style-type: none"> <li>• Types of Liver</li> </ul>
Week 11, day 4, 15/3/2018
<ul style="list-style-type: none"> <li>• Principal of Physical Fitness</li> </ul>
Week 11, day 5, 16/3/2018

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• Practical
Week 11, day 6, 17/3/2018
• Intra Mural (Volley Ball)
Week 12
Week 12, Day 1, 19/3/2018
• Factors of Physical Fitness
Week 12, Day 2, 20/3/2018
• Factor of Influencing Physical Fitness
Week 12, Day 3, 21/3/2018
• Practical (Javelin Throw)
Week 12, Day 4, 22/3/2018
• Javelin Throw (Rule & Regulation)
Week 12, Day 5, 23/3/2018 <b>Shahidi Diwas</b>
Week 12, Day 6, 24/3/2018
• Second assignment
Week 13
Week 13, Day 1, 26/3/2018
• Practical (Explain Human body Parts )
Week 13, Day 2, 27/3/2018
• Meaning of Isometric
Week 13, Day 3, 28/3/2018
• Meaning of Isotonic
Week 13, Day 4, 29/3/2018 <b>Mahavir Jayanti</b>
Week 13, Day 5, 30/3/2018
• Meaning of Isokinetic
Week 13, Day 6, 31/3/2018
• Practical (Cricket)
Week 14
Week 14, Day 1, 2/4/2018
• Introduction of Human Anatomy
Week 14, Day 2, 3/4/2018
• Introduction of Physiology
Week 14, Day 3, 4/4/2018
• Practical (History of Cricket)
Week 14, Day 4, 5/4/2018
• Practical (Fundamental Skill of Cricket)
Week 14, Day 5, 6/4/2018
• Anatomy of Human Body
Week 14, Day 6, 7/4/2018
• Anatomy of Human Bone
Week 15
Week 15, Day 1, 9/4/2018
• Practical Check
Week 15, Day 2, 10/4/2018
• Test
Week 15, Day 3, 11/4/2018

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• Function Of Human Body
Week 15, Day 4, 12/4/2018
• Meaning Of Joints
Week 15, Day 5, 13/4/2018
• Types of Joints
Week 15, Day 6, 14/4/2018 <u>Vaishakhi</u>
Week 16
Week 16, Day 1, 16/4/2018
• Practical (Long Jump)
Week 16, Day 2, 17/4/2018
Funda Mental Skill Of Long Jump
Week 16, Day 3, 18/4/2018 <u>Parshuram Jayanti</u>
Week 16, Day 4, 19/4/2018
• Types of Joints
Week 16, Day 5, 20/4/2018
• Practical (Long Jump)
Week 16, Day 6, 21/4/2018
• Sector Marking – Long Jump
Week 17
Week 17, Day 1, 23/4/2018
• Meaning of Synovial Joints
Week 17, Day 2, 24/4/2018
• Practical (Funda Mental Skill – Shot Put)
Week 17, Day 3, 25/4/2018
• Practical (Rule & Regulation-Shot Put)
Week 17, Day 4, 26/4/2018
• Types of Synovial Joints
Week 17, Day 5, 27/4/2018
• Class test
Week 17, Day 6, 28/4/2018
• Revision

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