**Lesson Plan**

**Name of Assistant/Associate Professor :** Dr. Kuldeep Singh

**Class and Section :** B.A.-I Semester

**Subject :** Health & Physical Education

**Prescribed Textbook :** Kalyani Publication (New Delhi)Olympic Movements

**From :** November, 2020 to 20 February, 2021

|  |  |
| --- | --- |
| **Week 1** |  |
| November | Introduction of Subject. |
|  -- | **Introduction & Importance of Physical Education.** |
|  -- | Meaning, definition of Physical Education. |
|  -- | Scope of Physical Education. |
|  -- | ---to be continue |
|  -- | Practical work |
| **Week 2** |  |
| November | Relationship of Physical Education with General Education |
|  -- | Aim, Objectives and Importance of Physical Education in modern society. |
|  -- | Importance of Physical Education in modern society. |
|  -- | Misconceptions regarding Physical Education |
|  -- | ---to be continue--- |
|  -- | Practical work |
| **Week 3** |  |
| November | Tutorial Lecture |
|  -- | Tutorial Lecture |
|  -- | Unit Test |
|  -- | **Introduction of Health & Hygiene** |
|  -- | ---to be continue--- |
|  -- | Practical work |
| **Week 4** |  |
| November | Meaning, definition of Health. |
|  -- | Importance of Health. |
|  -- | Factors influencing Health. |
|  -- | Meaning and importance of Personal Hygiene |
|  -- | --to be continue-- |
|  -- | Practical work |
| **Week 5** |  |
| December |  |
|  -- | Hygiene of various body parts |
|  -- | --to be continue-- |
|  -- | Factors influencing Personal Hygiene |
|  -- | --to be continue-- |
|  -- | Practical work |
| **Week 6** |  |
| December | Tutorial Lecture |
|  -- | Tutorial Lecture |
|  -- | Unit Test |
|  -- | Group Discussion among students |
|  -- | Practice of Yogasana |
|  -- | Practice of Pranayama |
| **Week 7** |  |
| December | **Introduction to Yoga** |
|  -- | Yoga – Meaning, Concept  |
|  -- | --to be continue-- |
|  -- | --to be continue-- |
|  -- | Practical work |
|  -- | Practical work |
| **Week 8** |  |
| December | Historical development of Yoga |
|  -- | --to be continue--- |
|  -- | --to be continue--- |
|  -- | Types of Yoga |
|  -- | --to be continue-- |
|  -- | Practical work |
| **Week 9** |  |
| December | Importance of yoga in healthy living |
|  -- | Meaning and types of Pranayam  |
|  -- | --to be continue--- |
|  -- | --to be continue--- |
|  -- | Benefits of Pranayam |
|  -- | Practical work |
| **Week 10** |  |
| January | --to be continue--- |
|  -- | Tutorial Lecture |
|  -- | Tutorial Lecture |
|  -- | Unit Test |
|  -- | Debate competition among students on prepared Units |
|  -- | Practical work |
| **Week 11** |  |
| January | **Introduction to Human Anatomy and Physiology** |
|  -- | Meaning and definition of Human Anatomy and Physiology |
|  -- | Importance of Human Anatomy and Physiology in Physical Education |
|  -- | --to be continue--- |
|  -- | **Sessionals (Tentative)** |
|  -- | **Sessionals (Tentative)** |
| **Week 12** |  |
| January | Introduction about Cell, Tissue |
|  -- | Introduction about Organ and System |
|  -- | --to be continue--- |
|  -- | Recreational activities |
|  -- | Practical work |
|   |  |
| **Week 13** |  |
| January | Quiz Competition  |
|  -- | Recreational activities |
|  -- | Definition of Cell, Tissue, Organ and System |
|  -- | --to be continue--- |
|  -- | Practical work |
|  -- |  |
| **Week 14** |  |
| February | Structure and Properties of Cell |
|  -- | --to be continue--- |
|  -- | --to be continue--- |
|  -- | Properties of Cell |
|  -- | --to be continue--- |
|  -- | Practical work |
| **Week 15** |  |
| February | Preparation of Annual Athletic Meet 2020-21 |
|  -- | Preparation of Annual Athletic Meet 2020-21 |
|  -- | Preparation of Annual Athletic Meet 2020-21 |
|  -- | Tentative date to organize Annual Athletic Meet |
|  -- | Tentative date to organize Annual Athletic Meet |
|  -- | Tentative date to organize Annual Athletic Meet |
| **Week 16** |  |
| February | Tutorial Class  |
|  -- | Tutorial Class |
|  -- | Group discussion of Unit IV  |
|  -- | Discussions of Important Questions  |
|  -- | Discussions of Important Questions |
|  -- | Discussions of Important Questions |
|  | **Preparatory Holidays** |
|  |  |

**Note:** University Sports Calendar and college & and sports activities will effect it.