**Lesson Plan Format**

**Name of the Assistant Professor:** Dr. Kuldeep Singh

**Class and Section:** B.A. II Sem. (Health and Physical Education)

**Subject Lesson Plan:** 18 Week from(January to April,2018)

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| Week 1 |
| W.D.Date(1)1.1.1 | January | Introduce Syllabus |
| 1.2.2 |  | Unit 1: **Health & Physical Education** |
| 1.3.3 |  | Introduction of Health & Physical Education |
| 1.4.4 |  | Definition, Aim of Health Education. |
| 1.5.5 | - | **Practical –**Badminton game Introduction |
| 1.6.6 | - | **Practical –**Badminton game **ground specifications** |
| (2)2.1.8 |  | Objectives of Health Education. |
| 2.2.9 |  | Scope of Health Education- *to be continue* |
| 2.3.10 |  | Scope of Health Education |
| 2.4.11 |  | Importance of Health Education in modern society- *to be continue* |
| 2.5.12 | - | **Practical –**Badminton game **general rules** |
| 2.6.13 | - | **Practical –**Badminton game **general skills** |
| (3)3.1.15 |  | Importance of Health Education in modern society |
| 3.2.16 |  | Meaning of First Aid. |
| 3.3.17 |  | Aim, Objectives of First Aid*- to be continue* |
| 3.4.18 |  | Aim, Objectives of First Aid |
| 3.5.19 | - | **Practical –** Practice of Badminton basic skills |
| 3.6.20 | - | **Practical** conduct Badminton Matches among students. |
| (4)4.2.23 |  | General Principles of First Aid. |
| 4.4.25 |  | First Aid for Common injuries. |
| 4.6.27 |  | First Aid for Bleeding  |
| (5)5.1.29 |  | First Aid for Burns |
| 5.2.30 |  | First Aid for Electric Shock |
| (6)1.4.1 | February | First Aid for Drowning  |
| 1.5.2 | - | **Practical** conduct Badminton Matches among students. |
| 1.6.3 | - | **Practical** conduct Badminton Matches among students. |
| (7)2.1.5 |  | First Aid for Snake Bite |
| 2.2.6 |  | **Tutorial Class** |
| 2.3.7 |  | **Unit test** |
|  |  | **Unit –II Historical Prospects of Physical Education** |
| 2.4.8 |  | Introduction of Historical Prospects of Physical Education |
| 2.5.9 | - | **Practical –**Cricket game Introduction |
| (8)3.1.12 |  | Pre-independence historical development of Physical Education in India-*to be continue* |
| 3.3.14 |  | -to be continue. |
| 3.4.15 |  | Pre-independence historical development of Physical Education in India |
| 3.5.16 | - | **Practical –**Cricket game **ground specifications** |
| 3.6.17 | - | **Practical –**Cricket game **general rules** |
| (9)4.1.19 |  | Post – independence historical development of Physical Education in India-*to be continue.* |
| 4.2.20 |  | Post – independence historical development of Physical Education in India |
| 4.3.21 |  | **Preparation and conduct of College Annual Sports Meet** |
| 4.4.22 |  | ----------do----------- |
| 4.5.23 | - | ----------do----------- |
| 4.6.24 | - | ----------do----------- |
| (10)5.1.26 |  | ----------do----------- |
| 5.2.27 |  | ----------do----------- |
| (11)2.1.5 | March | Role of IOA, SAI, NSNIS and YMCA in the development of Physical Education and Sports in India. |
| 2.2.6 |  | Role of IOA in the development of Physical Education and Sports in India. |
| 2.3.7 |  | Role of SAI in the development of Physical Education and Sports in India. |
| 2.4.8 |  | Role of NSNIS in the development of Physical Education and Sports in India. |
| 2.5.9 |  | Role of YMCA in the development of Physical Education and Sports in India. |
| 2.6.10 |  | Sports Policy of Haryana State |
| (12)3.1.12 |  | National Sports Policy*- to be continue* |
| 3.2.13 |  | National Sports Policy |
| 3.3.14 |  | Tutorial Class |
| 3.4.15 |  | Unit Test |
|  |  | **Unit IV Introduction to Human Anatomy and Physiology** |
| 3.5.16 | - | **Practical –**Cricket game **general skills** |
| 3.6.17 | - | **Practical –** Practice of Cricket basic skills |
| (13)4.1.19 |  | Introduce Human Skeleton System |
| 4.2.20 |  | Anatomy of Human Bone |
| 4.3.21 |  | Types of bones in Human Body- *to be continue* |
| 4.4.22 |  | Types of bones in Human Body |
| 4.6.24 |  | Meaning and types of joints in Human Body.- *to be continue* |
| (14)5.1.26 |  | Types of joints in Human Body |
| 5.2.27 |  | Types of synovial joints in Human Body.-*To be Continue* |
| 5.3.28 |  | Types of synovial joints in Human Body |
| 5.5.30 | - | **Practical** conduct 10 over Cricket Matches among students. |
| 5.6.31 | - | **Practical** conduct 10 overs Matches among students. |
| (15)1.1.2 | April | Tutorial Class |
| 1.2.3 |  | Unit test |
|  |  | **Unit III Introduction to Physical Fitness** |
| 1.3.4 |  | Introduction of Physical Fitness |
| 1.4.5 |  | Meaning, definition of Physical Fitness |
| 1.5.6 | - | **Practical-Name and identification of bones in Human Body** |
| 1.6.7 | - | **Practical-Name and identification of bones in Human Body** |
| (16)2.1.9 |  | Importance of Physical Fitness |
| 2.2.10 |  | Components of Physical Fitness- *To be continue* |
| 2.3.11 |  | Components of Physical Fitness |
| 2.4.12 |  | Principles of Physical Fitness-to be continue |
| 2.5.13 | - | Practical - Shot Put Measurements. |
| (17)3.1.16 |  | Principles of Physical Fitness |
| 3.2.17 |  | Factors influencing of Physical Fitness.-*to be continue* |
| 3.3.19 |  | Meaning of Isometric exercises |
| 3.4.20 |  | Meaning of Isotonic exercises |
| 3.5.21 | - | Practical - Shot Put Basic Techniques |
| (18)4.1.23 |  | Meaning of Isokinetic exercises |
| 4.2.24 |  | Tutorial Class |
| 4.3.25 |  | Unit test |
| 4.4.26 |  | **Practical**- Types of Starts - Crouch Start  |
| 4.5.27 | - | **Practical**- Types of Starts - standing starts  |
| 4.6.28 | - | **Practical-** Types of Starts - Crouch Start and standing starts Basic Technique. |
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