**Lesson Plan Format**

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

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

**Subject Lesson Plan:** 18 Week from (January to April,2019)

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| Week 1  | Month | **Semester (Health & Physical Education)**Introduce Syllabus  |
| W.D.Date(1)1.2.1 | January | **Unit-1 Warming Up and Cooling Down:** |
| 1.3.2 |  | Meaning of warming up |
| 1.4.3 |  | Types of warming up  |
| 1.5.4 |  | Significance of warming up |
| 1.6.5 | **-** | **Practical-** Introduce BMI |
| (2)2.1.7 |  | Meaning of cooling down. |
| 2.2.8 |  | Types of cooling down. |
| 2.3.9 |  | Significance of cooling down. |
| 2.4.10 |  | Methods of warming up. |
| 2.5.11 | - | **Practical-Measurement of Body Mass Index (**Normal Range of B.M.I for Children) |
| 2.6.12 | - | **Practical- Measurement of Body Mass Index (**Normal Range of B.M.I for Women and Men) |
| (3)3.1.14 |  | Methods of cooling down. |
| 3.2.15 |  | **Tutorial Class** |
| 3.3.16 |  | **Tutorial Class** |
| 3.4.17 |  | Unit test |
|  |  | **Unit - IV Anatomy and Physiology of Human Body System** |
| 3.5.18 | - | **Practical-** Basketball game introduction |
| 3.6.19 | - | **Practical-**Basketball game ground specifications  |
| (4)4.1.21 |  | Introduction of Respiratory System. |
| (4)4.2.22 |  | Structure of Respiratory Organs-*to be continue.* |
| 4.4.23 |  | Structure of Respiratory Organs. |
| 4.6.24 | - | **Practical-** Basketball game general rules. |
| (5)5.1.25 |  | Physiology of respiratory System- *to be continue* |
| 5.2.27 |  | Physiology of respiratory System |
| 5.3.28 |  | Effect of exercise on respiratory System- *to be continue* |
| 5.4.31 | - | Effect of exercise on respiratory System |
| (6)1.5.1 | February | **Practical-** Basketball game general skills |
| 1.6.2 | - | **Practical-** Basketball game general skills Practice |
| (7)2.1.4 |  | Terminology of respiration: Tidal Volume etc. |
| 2.2.5 |  | Terminology of respiration: Residual Volume etc.Terminology of respiration: Total Lung Capacity etc. |
| 2.2.6 |  | **Tutorial Class**  |
| 2.3.7 |  | **Unit test** |
|  |  | **Unit –II Psychological aspects of Physical Education:** |
| 2.4.8 |  | Introduction of Psychology, Sports Psychology and its aspects. |
| 2.5.9 | - | Meaning of Psychology and sports Psychology |
| (8)3.1.11 |  | Need of sports psychology |
| 3.2.12 |  | **Inter-Collegiate State Volleyball (M&W) Championship 2018-19** |
| 3.3.13 |  | **Inter-Collegiate State Volleyball (M&W) Championship 2018-19** |
| 3.4.14 |  | **Inter-Collegiate State Volleyball (M&W) Championship 2018-19** |
| 3.5.15 | - | **Inter-Collegiate State Volleyball (M&W) Championship 2018-19** |
| 3.6.16 | - | **Inter-Collegiate State Volleyball (M&W) Championship 2018-19** |
| (9)4.1.18 |  | Importance of sports psychology |
| 4.2.19 |  | Learning: meaning |
| 4.3.20 |  | Learning laws |
| 4.4.21 |  | Learning curve |
| 4.5.22 | - | **Practical-** Basketball game match among students |
| 4.6.23 | - | **Practical-** Basketball game match among students |
| (10)5.1.25 |  | **Tutorial Class** |
| 5.2.26 |  | Unit test |
| 5.3.27 |  | **Unit –III Major Sports Events** |
| 5.4.28 |  | Introduction of Major Sports events |
|  |  | Ancient Olympic Games- *to be continue* |
| (11)1.5.1 | March | **Preparation and conduct of College Annual Sports Meet** |
| 1.6.2 |  | ----------do----------- |
| 2.2.5 |  | ----------do----------- |
| 2.3.6 |  | ----------do----------- |
| 2.4.7 |  | ----------do----------- |
| 2.5.8 | - | ----------do----------- |
| 2.6.9 | - | **College Annual Athletic Meet 2018-19** |
| (12)3.1.11 |  | **College Annual Athletic Meet 2018-19** |
| 3.2.12 |  | Ancient Olympic Games- *to be continue* |
| 3.3.13 |  | Ancient Olympic Games- *to be continue* |
| 3.4.14 |  | Ancient Olympic Games. |
| 3.5.15 | - | **Practical-** Basketball game Practice |
| 3.6.16 | - | **Practical-** Basketball game Practice |
| (13)5.1.25 |  | Modern Olympic Games- *to be continue* |
| 5.2.26 |  | Modern Olympic Games- *to be continue* |
| 5.3.27 |  | Modern Olympic Games- *to be continue* |
| 5.4.28 |  | Modern Olympic Games- *to be continue* |
| 5.5.29 | - | Modern Olympic Games. |
| 5.6.30 | - | Asian Games- *to be continue* |
| (14)1.1.1 | April | Asian Games- *to be continue* |
|  |  | Asian Games. |
| 1.2.2 |  | Common Wealth Games- *to be continue* |
| 1.3.3 |  | Common Wealth Games- *to be continue* |
| 1.4.4 |  | Common Wealth Games- *to be continue* |
| 1.5.5 | - | **Practical-** Kabaddi Introduction |
| 1.6.6 | - | **Practical-** Kabaddi game ground specifications |
| (15)2.1.8 |  | Common Wealth Games |
| 2.2.9 |  | **Tutorial Class** |
| 2.3.10 |  | **Tutorial Class**  |
| 2.4.11 | - | **Practical-** Kabaddi game general rules. |
| 2.5.12 | - | **Practical-** Kabaddi game general skills |
| 2.6.13 |  | Unit test |
| (16)3.2.15 |  | Organise Kabaddi Match among Students |
| 3.3.16 |  | **Practical-** Kabaddi game general skills Practice |
| 3.4.18 |  | **Practical-** Organise Kabaddi Match among Students |
| 3.5.19 | - | **Practical-** Kabaddi game general skills Practice |
| 3.6.20 | - | Organise Kabaddi Match among Students |
| (17)4.1.22 |  | **Practical-** Discus throw Specifications skills |
| 4.2.23 |  | **Practical-** Discus throw general rules  |
| 4.3.24 |  | **Practical-** Discus throw general skills |
| 4.4.25 | - | **Practical-** Discus throw general skills Practice |
| 4.5.26 |  | **Practical-** Long Jump Specifications skills |
| 4.6.27 | - | **Practical-** Long Jump general rules  |
| (18)5.3.29 |  | **Examination discussion** |
| 5.4.30 |  | **Examination discussion** |
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