**Lesson Plan of Physical Education Department**

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

**Class and Section:** Games & Sports Activities for all College Students (Physical Edu. Deptt.)

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

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| **Physical Education** **Department Games and Sports Activities Acc. To K.U. Inter-Collegiate Calendar**  |
| W.D.Date**(1)**1.1.1 | Jan. | Ball-Badminton (M) team Preparation  |
| 1.2.2 |  | Ball-Badminton (M) + Cycling Track race teams Preparation |
| 1.3.3 |  | Ball-Badminton (M) + Cycling Track race teams Preparation |
| 1.4.4 |  | Ball-Badminton (M) + Cycling Track race teams Preparation |
| 1.5.5 | - | Ball-Badminton (M) Match organized between Players + Cycling Track race team Preparation |
| 1.6.6 | - | **Organize Cricket Match between Students (M)**  |
| **(2)**2.1.8 |  | Ball-Badminton (M) + Cycling Track race teams Preparation **Conduct Badminton Matches between Teaching Faculty Members of College (M&W) after teaching classes** |
| 2.2.9 |  | Ball-Badminton (M) + Cycling Track race teams Preparation**Organize Badminton Matches between Teaching Faculty Members of College (M&W) after teaching classes** |
| 2.3.10 |  | Conduct Final trial for the selection of College Cycling Track (M) team**Conduct Badminton Matches between Teaching Faculty Members of College (M&W) after teaching classes** |
| 2.4.11 |  | Wushu and Tug of War (M&W) teams Preparation**Conduct Badminton Matches between Teaching Faculty Members of College (M&W) after teaching classes** |
| 2.5.12 | - | Wushu, Tug of War, Taekwondo(M&W) and Circle Kabaddi (M) teams Preparation |
| 2.6.13 | - | **To Conduct Volleyball Match between Students (M)** Wushu, Tug of War, Taekwondo(M&W) and Circle Kabaddi (M) teams Preparation |
| **(3)**3.1.15 |  | Wushu, Tug of War, Taekwondo(M&W) and Circle Kabaddi (M) teams Preparation |
| 3.2.16 |  | Wushu, Tug of War, Taekwondo(M&W) and Circle Kabaddi (M) teams Preparation |
| 3.3.17 |  | Wushu, Tug of War, Taekwondo(M&W) and Circle Kabaddi (M) teams Preparation |
| 3.4.18 |  | Wushu, Tug of War, Taekwondo(M&W) and Circle Kabaddi (M) teams Preparation |
| 3.5.19 | - | Conduct Final trial for the selection of College Wushu (M&W) teams |
| 3.6.20 | - | **To conduct Basketball Match between Students (M)** Tug of War, Taekwondo(M&W) and Circle Kabaddi (M) teams Preparation |
| **(4)**4.2.23 |  | Conduct Final trial for the selection of College Tug of war (M&W) team |
| 4.4.25 |  | Taekwondo, Power lifting (M&W) and Circle Kabaddi (M) teams Preparation |
| 4.6.27 |  | Taekwondo, Power lifting (M&W) and Circle Kabaddi (M) teams Preparation |
| **(5)**5.1.29 |  | Taekwondo, Power lifting (M&W) and Circle Kabaddi (M) teams Preparation |
| 5.2.30 |  | Taekwondo, Power lifting (M&W) and Circle Kabaddi (M) teams Preparation |
| **(6)**1.4.1 | Feb. | Taekwondo(M&W) and Circle Kabaddi (M) teams PreparationConduct Final trial for the selection of College Power Lifting (M&W) team |
| 1.5.2 | - | Taekwondo(M&W) and Circle Kabaddi (M) teams Preparation |
| 1.6.3 | - | **Conduct Volleyball Match between Students (W)**Taekwondo(M&W) and Circle Kabaddi (M) teams Preparation |
| **(7)**2.1.5 |  | Taekwondo(M&W) and Circle Kabaddi (M) teams Preparation |
| 2.2.6 |  | Taekwondo(M&W) and Circle Kabaddi (M) teams Preparation |
| 2.3.7 |  | Taekwondo(M&W) and Circle Kabaddi (M) teams Preparation |
| 2.4.8 |  | Taekwondo(M&W) and Circle Kabaddi (M) teams Preparation |
| 2.5.9 |  | Taekwondo(M&W) and Circle Kabaddi (M) teams Preparation |
| **(8)**3.1.12 |  | Conduct Final trial for the selection of College Taekwondo (M&W) team |
| 3.3.14 |  | Circle Kabaddi (M) team Preparation |
| 3.4.15 |  | Circle Kabaddi (M) team Preparation |
| 3.5.16 | - | Circle Kabaddi (M) team Preparation |
| 3.6.17 | - | **Conduct Basketball Match between Students (W)** |
| **(9)**4.1.19 |  | Conduct Final trial for the selection of College Circle Kabaddi (M) team |
| 4.2.20 |  | **College Annual Meet Preparation and Organization**Conduct Final trial for the selection of College Rowing (M) players |
| 4.3.21 |  | **College Annual Meet Preparation and Organization** |
| 4.4.22 |  | **College Annual Meet Preparation and Organization** |
| 4.5.23 | - | **College Annual Meet Preparation and Organization** |
| 4.6.24 | - | **College Annual Meet Preparation and Organization** |
| **(10)**5.1.26 |  | **College Annual Meet Preparation and Organization** |
| 5.2.27 |  | **College Annual Meet Preparation and Organization** |
| **(11)**2.1.5 | Mar. | Introduce Students about BMI (B.A.) |
| 2.2.6 |  | Introduce Students about BMI (B.Com.) |
| 2.3.7 |  | Introduce Students about BMI (B.Sc.) |
| 2.4.8 |  | **Conduct Badminton Match between Students Class wise (M&W) B.Sc.I** (Intramural) |
| 2.5.9 |  | **Conduct Badminton Match between Students Class wise (M&W) B.Sc.II** (Intramural) |
| 2.6.10 |  | **Conduct Badminton Match between Students Class wise (M&W) B.Sc.III** (Intramural) |
| **(12)**3.1.12 |  | **Conduct Badminton Match between Students Class wise (M&W) B.Com I** (Intramural) |
| 3.2.13 |  | **Conduct Badminton Match between Students Class wise (M&W) B.Com II** (Intramural) |
| 3.3.14 |  | **Conduct Badminton Match between Students Class wise (M&W) B.Com III** (Intramural) |
| 3.4.15 |  | **Conduct Badminton Match between Students Class wise (M&W) B.A.-I** (Intramural) |
| 3.5.16 | - | **Conduct Badminton Match between Students Class wise (M&W) B.A.-II** (Intramural) |
| 3.6.17 | - | **Conduct Badminton Match between Students Class wise (M&W) B.A.-III** (Intramural) |
| **(13)**4.1.19 |  | **Conduct Badminton Match among Classes (M&W)** (Intramural) |
| 4.2.20 |  | **Conduct Badminton Match among Classes (M&W)** (Intramural) |
| 4.3.21 |  | **Conduct Badminton Match among faculty winners (M&W)** (Intramural) |
| 4.4.22 |  | **Conduct Badminton Match among faculty winners (M&W)** (Intramural) |
| 4.6.24 |  | **Self Defensive skill Training for (W) students** |
| **(14)**5.1.26 |  | **Self Defensive skill Training for (W) students** |
| 5.2.27 |  | **Self Defensive skill Training for (W) students** |
| 5.3.28 |  | **Self Defensive skill Training for (W) students** |
| 5.5.30 | - | **Self Defensive skill Training for (W) students** |
| 5.6.31 | - | **Conduct National Kabaddi Match between Students (M)** |
| **(15)**1.1.2 | Apr. | Conduct Recreational Activities among Students |
| 1.2.3 |  | Conduct Recreational Activities among Students |
| 1.3.4 |  | Conduct Recreational Activities among Students |
| 1.4.5 |  | Conduct Recreational Activities among Students |
| 1.5.6 | - | **Conduct Cricket Match between Faculty Members (M)** |
| 1.6.7 | - | **Conduct National Kabaddi Match between Students (M)** |
| **(16)**2.1.9 |  | **Yoga training (M & W) B.A.- I, B.Com.-I & B.Sc.-I**  |
| 2.2.10 |  | **Yoga training (M & W) B.A.- I, B.Com.-I & B.Sc.-I** |
| 2.3.11 |  | **Yoga training (M & W) B.A.- I, B.Com.-I & B.Sc.-I** |
| 2.4.12 |  | **Yoga training (M & W) B.A.- I, B.Com.-I & B.Sc.-I**  |
| 2.5.13 | - | **Yoga training (M & W) B.A.- II, B.Com.-II & B.Sc.-II** |
| **(17)**3.1.16 |  | **Yoga training (M & W) B.A.- II, B.Com.-II & B.Sc.-II** |
| 3.2.17 |  | **Yoga training (M & W) B.A.- II, B.Com.-II & B.Sc.-II** |
| 3.3.19 |  | **Yoga training (M & W) B.A.- II, B.Com.-II & B.Sc.-II** |
| 3.4.20 |  | **Yoga training (M & W) B.A.- III, B.Com.-III & B.Sc.-III** |
| 3.5.21 | - | **Yoga training (M & W) B.A.- III, B.Com.-III & B.Sc.-III** |
| **(18)**4.1.23 |  | **Yoga training (M & W) B.A.- III, B.Com.-III & B.Sc.-III** |
| 4.2.24 |  | **Yoga training (M & W) B.A.- III, B.Com.-III & B.Sc.-III** |
| 4.3.25 |  | Organize Recreational Activities to relive Exam Stress |
| 4.4.26 |  | Organize Recreational Activities to relive Exam Stress |
| 4.5.27 | - | Organize Recreational Activities to relive Exam Stress |
| 4.6.28 | - | Organize Recreational Activities to relive Exam Stress |
| **T=88days** |  |  |
| **Note:** |  | **Schedule may be change according to changes in University Sports Calendar, environmental conditions, available facilities, college functions or some unavoidable circumstances.**  |
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