**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 July-November 2018**

\*It’s a tentative schedule University Games and Sports Calendar will affect it.

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| **Week 1** | **Topic/Chapters to be covered** | **Teaching Method & Academic activity to be organized** | **Topic of Assignments / Tests to be given to the students** |
| Week 1, Day 1  16/07/2018 | ***Inaugural Hawan***  Introduction of Subject. | Lecture Method |  |
| Week 1, Day 2  17/07/2018 | **Introduction to Physical Education.** | Lecture Method |  |
| Week 1, Day 3  18/07/2018 | Meaning, definition of Physical Education. | Lecture Method |  |
| Week 1, Day 4  19/07/2018 | Scope of Physical Education. | Lecture Method |  |
| Week 1, Day 5  20/07/2018 | ---to be continue | Lecture Method |  |
| Week 1, Day 6  21/07/2018 | Practical work | Demonstration Method |  |
| **Week 2** |  |  |  |
| Week 2, Day 1  23/07/2018 | Relationship of Physical Education with General Education | Lecture Method |  |
| Week 2, Day 2  24/07/2018 | Aim, Objectives and Importance of Physical Education in modern society. | Lecture Method |  |
| Week 2, Day 3  25/07/2018 | Importance of Physical Education in modern society. | Lecture Method |  |
| Week 2, Day 4  26/07/2018 | Misconceptions regarding Physical Education | Lecture Method |  |
| Week 2, Day 5  27/07/2018 | ---to be continue--- | Lecture Method |  |
| Week 2, Day 6  28/07/2018 | Practical work | Imitation Method used |  |
| **Week 3** |  |  |  |
| Week 3, Day 1  30/07/2018 | Tutorial Lecture | Discussion Meth. |  |
| Week 3, Day 2  31/07/2018 | ***Shaheed Udham Singh Martyrs’ day*** |  |  |
| Week 3, Day 3  01/08/2018 | Tutorial Lecture | Discussion Meth. |  |
| Week 3, Day 4  02/08/2018 | Unit Test | Test & Evaluation |  |
| Week 3, Day 5  03/08/2018 | **Introduction of Health & Hygiene** | Lecture Method & PPT Presentation |  |
| Week 3, Day 6  04/08/2018 | Practical work | Learning by doing method |  |
| **Week 4** |  |  |  |
| Week 4, Day 1  06/08/2018 | Meaning, definition of Health. | Lecture Method |  |
| Week 4, Day 2  07/08/2018 | Importance of Health. | Lecture Method |  |
| Week 4, Day 3  08/08/2018 | Factors influencing Health. | Lecture Method & PPT Presentation |  |
| Week 4, Day 4  09/08/2018 | Meaning and importance of Personal Hygiene | Lecture Method &  PPT Presentation |  |
| Week 4, Day 5  10/08/2018 | --to be continue-- | Lecture Method &  PPT Presentation |  |
| Week 4, Day 6  11/08/2018 | Practical work | Role Playing Method |  |
| **Week 5** |  |  |  |
| Week 5, Day 1  13/08/2018 | ***Teej*** |  |  |
| Week 5, Day 2  14/08/2018 | Hygiene of various body parts | Lecture Method |  |
| Week 5, Day 3  15/08/2018 | ***Independence Day*** |  |  |
| Week 5, Day 4  16/08/2018 | Factors influencing Personal Hygiene | Lecture Method &  PPT Presentation |  |
| Week 5, Day 5  17/08/2018 | --to be continue-- | Lecture Method &  PPT Presentation |  |
| Week 5, Day 6  18/08/2018 | Practical work |  |  |
| **Week 6** |  |  |  |
| Week 6, Day 1  20/08/2018 | Tutorial Lecture | Discussion Meth. |  |
| Week 6, Day 2  21/08/2018 | Tutorial Lecture | Discussion Meth. |  |
| Week 6, Day 3  22/08/2018 | ***Id*** |  |  |
| Week 6, Day 4  23/08/2018 | Unit Test | Test & Evaluation |  |
| Week 6, Day 5  24/08/2018 | Group Discussion among students | Discussion Method |  |
| Week 6, Day 6  25/08/2018 | Practical work | Demonstration Method |  |
| **Week 7** |  |  |  |
| Week 7, Day 1  27/08/2018 | Practice of Yogasana | Imitation Method |  |
| Week 7, Day 2  28/08/2018 | Practice of Pranayama | Imitation Method |  |
| Week 7, Day 3  29/08/2018 | Celebrate National Sports Day | Participation |  |
| Week 7, Day 4  30/08/2018 | **Introduction to Yoga** | Lecture Method |  |
| Week 7, Day 5  31/08/2018 | Yoga – Meaning, Concept | Lecture Method |  |
| Week 7, Day 6  01/09/2018 | Practical work | Demonstration Method |  |
| **Week 8** |  |  |  |
| Week 8, Day 1  03/09/2018 | ***Janamashtmi*** |  |  |
| Week 8, Day 2  04/09/2018 | Historical development | Lecture Method |  |
| Week 8, Day 3  05/09/2018 | ***Talent Show (Tentative)*** |  |  |
| Week 8, Day 4  06/09/2018 | --to be continue--- | Lecture Method |  |
| Week 8, Day 5  07/09/2018 | Types of Yoga | Lecture Method & PPT Pres. |  |
| Week 8, Day 6  08/09/2018 | Practical work | Demonstration & Method |  |
| **Week 9** |  |  |  |
| Week 9, Day 1  10/09/2018 | Organized Quiz Competition | Question Answer Tech. |  |
| Week 9, Day 2  11/09/2018 | Importance of yoga in healthy living | Lecture Method & PPT Pres. |  |
| Week 9, Day 3  12/09/2018 | Meaning and types of Pranayam | Lecture Method & PPT Pres. |  |
| Week 9, Day 4  13/09/2018 | --to be continue--- | Lecture Method & PPT Pres. |  |
| Week 9, Day 5  14/09/2018 | Benefits of Pranayam | Lecture Method & PPT Pres. |  |
| Week 9, Day 6  15/09/2018 | Practical work | Learning by doing Met. |  |
| **Week 10** |  |  |  |
| Week 10, Day 1  17/09/2018 | Organized Quiz Competition | Question Answer Tech. |  |
| Week 10, Day 2  18/09/2018 | Tutorial Lecture | Discussion Meth. |  |
| Week 10, Day 3  19/09/2018 | Tutorial Lecture | Discussion Meth. |  |
| Week 10, Day 4  20/09/2018 | Unit Test | Test & Evaluation |  |
| Week 10, Day 5  21/09/2018 | Debate competition among students on prepared Units | Discussion Method |  |
| Week 10, Day 6  22/09/2018 | Practical work | Learning by doing Met. |  |
| **Week 11** |  |  |  |
| Week 11, Day 1  24/09/2018 | **Introduction to Human Anatomy and Physiology** | Lecture Method  Lecture Method |  |
| Week 11, Day 2  25/09/2018 | Meaning and definition of Human Anatomy and Physiology | Lecture Method |  |
| Week 11, Day 3  26/09/2018 | Importance of Human Anatomy and Physiology in Physical Education | Lecture Method & PPT Presentation |  |
| Week 11, Day 4  27/09/2018 | --to be continue--- | Lecture Method & PPT Presentation |  |
| Week 11, Day 5  28/09/2018 | **Sessionals (Tentative)** |  |  |
| Week 11, Day 6  29/09/2018 | **Sessionals (Tentative)** |  |  |
| **Week 12** | **Sessionals (Tentative)** |  |  |
| Week 12, Day 1  01/10/2018 | **Sessionals (Tentative)** |  |  |
| Week 12, Day 2  02/10/2018 | ***Gandhi Jayanti*** |  |  |
| Week 12, Day 3  03/10/2018 | **Sessionals (Tentative)** |  |  |
| Week 12, Day 4  04/10/2018 | **Sessionals (Tentative)** |  |  |
| Week 12, Day 5  05/10/2018 | Recreational activities |  |  |
| Week 12, Day 6  06/10/2018 | Practical work | Learning by doing Method |  |
| **Week 13** |  |  |  |
| Week 13, Day 1  08/10/2018 | Quiz Competition | Question Answer Tech. |  |
| Week 13, Day 2  09/10/2018 | Recreational activities |  |  |
| Week 13, Day 3  10/10/2018 | ***Aggarsen Jayanti*** |  |  |
| Week 13, Day 4  11/10/2018 | Definition of Cell, Tissue, Organ and System | Lecture Method & PPT Pre. |  |
| Week 13, Day 5  12/10/2018 | --to be continue--- | Lecture Method & PPT Pre. |  |
| Week 13, Day 6  13/10/2018 | Practical work | Lecture Method & PPT Pre. |  |
| **Week 14** |  |  |  |
| Week 14, Day 1  15/10/2018 | Structure and Properties of Cell | Lecture Method & PPT Pre. |  |
| Week 14, Day 2  16/10/2018 | --to be continue--- | Lecture Method & PPT Pre. |  |
| Week 14, Day 3  17/10/2018 | --to be continue--- | Lecture Method & PPT Pre. |  |
| Week 4, Day 4  18/10/2018 | ***Dussehra*** |  |  |
| Week 14, Day 5  19/10/2018 | --to be continue--- | Lecture Method & PPT Pre. |  |
| Week 14, Day 6  20/10/2018 | Practical work | Learning by doing |  |
| **Week 15** |  |  |  |
| Week 15, Day 1  22/10/2018 | Tutorial Lecture | Discussion Method |  |
| Week 15, Day 2  23/10/2018 | Tutorial Lecture | Discussion Method |  |
| Week 15, Day 3  24/10/2018 | ***Valmiki Jayanti*** |  |  |
| Week 15, Day 4  25/10/2018 | Unit Test | Test & Evaluation |  |
| Week 15, Day 5  26/10/2018 | Practical work | Demonstration Method |  |
| Week 15, Day 6  27/10/2018 | ***KarvaChauth*** |  |  |
| **Week 16** |  |  |  |
| Week 16, Day 1  29/10/2018 | Group discussion of Unit IV | Discussion Method |  |
| Week 16, Day 2  30/10/2018 | Recreational Activities |  |  |
| Week 16, Day 3  31/10/2018 |  |  |  |
| Week 16, Day 4  01/11/2018 | ***Haryana Day*** |  |  |
| Week 16, Day 5  02/11/2018 | Recreational Activities |  |  |
| Week 16, Day 6  03/11/2018 | Practical work | Demonstration Method |  |
| **Week 17**  04-11/11/2018 | **Diwali Break** |  |  |
| **Week 18**  12-15/11/2018 | **Preparatory Holidays** |  |  |