**Lesson Plan**

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

**Class and Section : B.A.-III**

**Subject : Health & Physical Education**

**Prescribed Text book : 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** | |
| Week 1, Day 1  16/07/2018 | ***Inaugural Hawan***  *Introduce about syllabus* | Lecture Method | |
| Week 1, Day 2  17/07/2018 | **Concept of Safety Education** | Lecture Method | |
| Week 1, Day 3  18/07/2018 | Meaning and need of Safety Education | Lecture Method | |
| Week 1, Day 4  19/07/2018 | --to be continue-- | Lecture Method | |
| Week 1, Day 5  20/07/2018 | Importance of Safety Education | Lecture Method | |
| Week 1, Day 6  21/07/2018 | Practical work | Demonstration Method | |
| **Week 2** |  |  | |
| Week 2, Day 1  23/07/2018 | --to be continue-- | Lecture Method | |
| Week 2, Day 2  24/07/2018 | Sports Injuries: Types and causes | Lecture Method | |
| Week 2, Day 3  25/07/2018 | Principles for prevention of sports Injuries. | Lecture Method | |
| Week 2, Day 4  26/07/2018 | --to be Continue--- | Lecture Method | |
| Week 2, Day 5  27/07/2018 | General treatment for common sports injuries i.e Abrasion, Contusion, Sprain , Strain, | Lecture Method | |
| Week 2, Day 6  28/07/2018 | Practical work | Imitation Method used | |
| **Week 3** |  |  | |
| Week 3, Day 1  30/07/2018 | Recreational Activities | Free play | |
| Week 3, Day 2  31/07/2018 | ***Shaheed Udham Singh Martyrs’ day*** |  | |
| Week 3, Day 3  01/08/2018 | General treatment for common sports injuries i.e Abrasion, Contusion, Sprain , Strain, | Lecture Method & PPT Presentation | |
| Week 3, Day 4  02/08/2018 | --to be Continue--- | Lecture Method & PPT Presentation | |
| Week 3, Day 5  03/08/2018 | --to be Continue--- | 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 | Fracture and Dislocation of joints | Lecture Method | |
| Week 4, Day 2  07/08/2018 | --to be Continue--- | Lecture Method | |
| Week 4, Day 3  08/08/2018 | --to be Continue--- | Lecture Method & PPT Presentation | |
| Week 4, Day 4  09/08/2018 | Tutorial Lecture | Discussion Meth. | |
| Week 4, Day 5  10/08/2018 | Tutorial Lecture | Discussion Meth. | |
| 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 | Unit Test | Test & Evaluation | |
| Week 5, Day 3  15/08/2018 | ***Independence Day*** |  | |
| Week 5, Day 4  16/08/2018 | **Concept of Common Diseases** | Lecture Method &  PPT Presentation | |
| Week 5, Day 5  17/08/2018 | Meaning of Communicable diseases | Lecture Method &  PPT Presentation | |
| Week 5, Day 6  18/08/2018 | Practical work | Imitation Method | |
| **Week 6** |  |  | |
| Week 6, Day 1  20/08/2018 | Meaning of Non – Communicable diseases | Lecture Method &  PPT Presentation | |
| Week 6, Day 2  21/08/2018 | Modes of transmission of communicable diseases. | Lecture Method &  PPT Presentation | |
| Week 6, Day 3  22/08/2018 | ***Id*** |  | |
| Week 6, Day 4  23/08/2018 | Prevention and control of communicable diseases. | Lecture Method &  PPT Presentation | |
| Week 6, Day 5  24/08/2018 | Common diseases: HIV/ AIDS | Lecture Method &  PPT Presentation | |
| Week 6, Day 6  25/08/2018 | Practical work | Demonstration Method | |
| **Week 7** |  |  | |
| Week 7, Day 1  27/08/2018 | Common diseases: Hepatitis | Lecture Method &  PPT Presentation | |
| Week 7, Day 2  28/08/2018 | Common diseases: Dengue | Lecture Method &  PPT Presentation | |
| Week 7, Day 3  29/08/2018 | **Celebrate National Sports Day** | Participation | |
| Week 7, Day 4  30/08/2018 | Common diseases: Typhoid | Lecture Method | |
| Week 7, Day 5  31/08/2018 | Common diseases: Malaria | 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 | Common diseases: Influenza. | Lecture Method | |
| Week 8, Day 3  05/09/2018 | ***Talent Show (Tentative)*** |  | |
| Week 8, Day 4  06/09/2018 | Allergy related diseases: Asthma | Lecture Method | |
| Week 8, Day 5  07/09/2018 | Allergy related diseases: Sinuses | Lecture Method & PPT Pres. | |
| Week 8, Day 6  08/09/2018 | Practical work | Demonstration & Method | |
| **Week 9** |  |  | |
| Week 9, Day 1  10/09/2018 | Tutorial Lecture | Discussion Method | |
| Week 9, Day 2  11/09/2018 | Tutorial Lecture | Question Answer Tech. | |
| Week 9, Day 3  12/09/2018 | Unit Test | Test & Evaluation | |
| Week 9, Day 4  13/09/2018 | Group Discussion on covered syllabus | Discussion Method | |
| Week 9, Day 5  14/09/2018 | Recreational activities | Role Playing & Participation | |
| Week 9, Day 6  15/09/2018 | Practical work | Learning by doing Met. | |
| **Week 10** |  |  | |
| Week 10, Day 1  17/09/2018 | **Concept of Balanced Diet** | Lecture Method | |
| Week 10, Day 2  18/09/2018 | Balanced Diet: Meaning and importance | Lecture Method & PPT Pres. | |
| Week 10, Day 3  19/09/2018 | --to be continue-- | Lecture Method | |
| Week 10, Day 4  20/09/2018 | Components of balanced diet and their sources | Lecture Method & PPT Pres. | |
| Week 10, Day 5  21/09/2018 | --to be continue-- | Lecture Method & PPT Pres. | |
| Week 10, Day 6  22/09/2018 | Practical work | Learning by doing Met. | |
| **Week 11** |  |  | |
| Week 11, Day 1  24/09/2018 | Components of balanced diet and their sources | Lecture Method  Lecture Method | |
| Week 11, Day 2  25/09/2018 | Factors affecting balanced diet | Lecture Method | |
| Week 11, Day 3  26/09/2018 | Harmful effects of Junk Food | 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 | Free play | |
| Week 12, Day 6  06/10/2018 | Practical work | Learning by doing Method | |
| **Week 13** |  |  | |
| Week 13, Day 1  08/10/2018 | Tutorial Lecture | Discussion Method | |
| Week 13, Day 2  09/10/2018 | Tutorial Lecture | Discussion Method | |
| Week 13, Day 3  10/10/2018 | ***Aggarsen Jayanti*** |  | |
| Week 13, Day 4  11/10/2018 | Unit Test | Test & Evaluation | |
| Week 13, Day 5  12/10/2018 | Debate competition on covered syllabus | Question Answer Tech. | |
| Week 13, Day 6  13/10/2018 | Practical work | Demonstration Method | |
| **Week 14** |  |  | |
| Week 14, Day 1  15/10/2018 | **Anatomy and Physiology of** Circulatory System | Lecture Method & PPT Pre. | |
| Week 14, Day 2  16/10/2018 | Structure of Heart | 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 | Functioning of Heart | 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 | Types of Circulation: Systemic and Pulmonary | | Lecture Method & PPT Pre. |
| Week 15, Day 2  23/10/2018 | --to be continue--- | | Lecture Method & PPT Pre. |
| Week 15, Day 3  24/10/2018 | ***Valmiki Jayanti*** | |  |
| Week 15, Day 4  25/10/2018 | Debate competition among students | | Discussion Method |
| 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 | Effects of exercise on Circulatory System | | Lecture Method & PPT Pre. |
| Week 16, Day 2  30/10/2018 | --to be continue--- | | Lecture Method & PPT Pre. |
| Week 16, Day 3  31/10/2018 | --to be continue--- | | Lecture Method & PPT Pre. |
| Week 16, Day 4  01/11/2018 | ***Haryana Day*** | |  |
| Week 16, Day 5  02/11/2018 | Tutorial Lecture | | Discussion Method |
| Week 16, Day 6  03/11/2018 | Unit Test | | Demonstration Method |
| **Week 17**  04-11/11/2018 | **Diwali Break** | |  |
| **Week 18**  12-15/11/2018 | **Preparatory Holidays** | |  |