**Lesson Plan**

**Name of Assistant Professor: Dr. Suman**

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

**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** |
| Week 1, Day 116/07/2018 | ***Inaugural Hawan***Introduction of the subject | Lecture Method |
| Week 1, Day 217/07/2018 | **Concept of Growth & Development** | Lecture Method |
| Week 1, Day 318/07/2018 | Meaning and definition of Growth and Development | Lecture Method |
| Week 1, Day 419/07/2018 | Stages of Growth and Development. | Lecture Method |
| Week 1, Day 520/07/2018 | --to be continue-- | Lecture Method |
| Week 1, Day 621/07/2018 | Practical work | Demonstration Method  |
| **Week 2** |  |  |
| Week 2, Day 123/07/2018 | Principles of growth and development | Lecture Method |
| Week 2, Day 224/07/2018 | Factors influencing growth and development | Lecture Method |
| Week 2, Day 325/07/2018 | --to be continue-- | Lecture Method |
| Week 2, Day 426/07/2018 | Age and sex difference in relation to physical activities and sports | Lecture Method |
| Week 2, Day 527/07/2018 | --to be continue-- | Lecture Method |
| Week 2, Day 628/07/2018 | Practical work | Imitation Method used |
| **Week 3** |  |  |
| Week 3, Day 130/07/2018 | Recreational Activities | Free play  |
| Week 3, Day 231/07/2018 | ***Shaheed Udham Singh Martyrs’ day*** |  |
| Week 3, Day 301/08/2018 | Tutorial Lecture | Discussion Method |
| Week 3, Day 402/08/2018 | Tutorial Lecture | Discussion Method |
| Week 3, Day 503/08/2018 | Unit test | Test & Evaluation |
| Week 3, Day 604/08/2018 | Practical work | Learning by doing method |
| **Week 4** |  |  |
| Week 4, Day 106/08/2018 | **Concept of Sports Organization and Administration** | Lecture Method |
| Week 4, Day 207/08/2018  | Meaning and importance of organization and administration in Physical Education and Sports | Lecture Method |
| Week 4, Day 308/08/2018 | --to be continue-- | Lecture Method & PPT Presentation |
| Week 4, Day 409/08/2018 | Principles of sports organization and administration | Lecture Method & PPT Presentation |
| Week 4, Day 510/08/2018 | --to be continue-- | Lecture Method & PPT Presentation |
| Week 4, Day 611/08/2018 | Practical work | Role Playing Method |
| **Week 5** |  |  |
| Week 5, Day 113/08/2018 | ***Teej*** |  |
| Week 5, Day 214/08/2018 | Quiz Competition  | Test & Evaluation |
| Week 5, Day 315/08/2018 | ***Independence Day*** |  |
| Week 5, Day 416/08/2018 | Organization and administration of Intramural and Extramural activities | Lecture Method &PPT Presentation |
| Week 5, Day 517/08/2018 | --to be continue-- | Lecture Method &PPT Presentation |
| Week 5, Day 618/08/2018 | Practical work | Imitation Method |
| **Week 6** |  |  |
| Week 6, Day 120/08/2018 | Tournaments and their types (League and Knock out ) | Lecture Method &PPT Presentation |
| Week 6, Day 221/08/2018 | --to be continue-- | Lecture Method &PPT Presentation |
| Week 6, Day 322/08/2018 | ***Id*** |  |
| Week 6, Day 423/08/2018 | Tutorial Lecture | Lecture Method &PPT Presentation |
| Week 6, Day 524/08/2018 | Tutorial Lecture | Lecture Method &PPT Presentation |
| Week 6, Day 625/08/2018 | Practical work | Demonstration Method |
| **Week 7** |  |  |
| Week 7, Day 127/08/2018 | Unit test | Test & Evaluation |
| Week 7, Day 228/08/2018 | Debate competition among students | Question & Answer |
| Week 7, Day 329/08/2018 | Celebrate National Sports Day | Participation |
| Week 7, Day 430/08/2018 | **Concept of Posture** | Lecture Method |
| Week 7, Day 531/08/2018 | Meaning of posture and importance of good posture | Lecture Method |
| Week 7, Day 601/09/2018 | Practical work | Demonstration Method  |
| **Week 8** |  |  |
| Week 8, Day 103/09/2018 | ***Janamashtmi*** |  |
| Week 8, Day 204/09/2018 | Meaning of posture and importance of good posture | Lecture Method |
| Week 8, Day 305/09/2018 | ***Talent Show (Tentative)*** |  |
| Week 8, Day 406/09/2018 | Causes of poor posture | Lecture Method |
| Week 8, Day 507/09/2018 | Symptoms and causes of Postural Deformities: Lordosis. | Lecture Method & PPT Pres. |
| Week 8, Day 608/09/2018 | Practical work | Demonstration & Method  |
| **Week 9** |  |  |
| Week 9, Day 110/09/2018 | Symptoms and causes of Postural Deformities: Kyphosis | Lecture Method & PPT Pres. |
| Week 9, Day 211/09/2018 | Symptoms and causes of Postural Deformities: Scoliosis | Lecture Method & PPT Pres. |
| Week 9, Day 312/09/2018 | Symptoms and causes of Postural Deformities: Flat Feet | Lecture Method & PPT Pres. |
| Week 9, Day 413/09/2018 | Symptoms and causes of Postural Deformities: Knock-Knee | Lecture Method & PPT Pres. |
| Week 9, Day 514/09/2018 | Symptoms and causes of Postural Deformities: Blow Legs. | Lecture Method  |
| Week 9, Day 615/09/2018 | Practical work | Learning by doing Met. |
| **Week 10** |  |  |
| Week 10, Day 117/09/2018 | Precautions and Remedies for postural deformities | Lecture Method |
| Week 10, Day 218/09/2018 | --to be continue-- | Lecture Method  |
| Week 10, Day 319/09/2018 | Tutorial Lecture | Lecture Method |
| Week 10, Day 420/09/2018 | Tutorial Lecture | Discussion Method |
| Week 10, Day 521/09/2018 | Unit test | Test & Evaluation |
| Week 10, Day 622/09/2018 | Practical work | Learning by doing Met. |
| **Week 11** |  |  |
| Week 11, Day 124/09/2018 | Group discussion  | Discussion Method |
| Week 11, Day 225/09/2018 | **Anatomy and Physiology of muscles** | Lecture Method & PPT Pre. |
| Week 11, Day 326/09/2018 | --to be continue-- | Lecture Method & PPT Presentation |
| Week 11, Day 427/09/2018 | Gross Anatomy of muscle | Lecture Method & PPT Presentation |
| Week 11, Day 528/09/2018 | **Sessionals (Tentative)** |  |
| Week 11, Day 629/09/2018 | **Sessionals (Tentative)** |  |
| **Week 12** | **Sessionals (Tentative)** |  |
| Week 12, Day 101/10/2018 | **Sessionals (Tentative)** |  |
| Week 12, Day 202/10/2018 | ***Gandhi Jayanti*** |  |
| Week 12, Day 303/10/2018 | **Sessionals (Tentative)** |  |
| Week 12, Day 404/10/2018 | **Sessionals (Tentative)** |  |
| Week 12, Day 505/10/2018 | Types of Muscles in human body | Lecture Method & PPT Presentation |
| Week 12, Day 606/10/2018 | Practical work | Learning by doing Method & Role Playing |
| **Week 13** |  |  |
| Week 13, Day 108/10/2018 | Types of Muscles in human body | Lecture Method & PPT Presentation |
| Week 13, Day 209/10/2018 | Types of Muscles in human body | Lecture Method & PPT Presentation |
| Week 13, Day 310/10/2018 | ***Aggarsen Jayanti*** |  |
| Week 13, Day 411/10/2018 | Effects of exercise on Muscular System | Lecture Method & PPT Presentation |
| Week 13, Day 512/10/2018 | --to be continue-- | Lecture Method & PPT Presentation |
| Week 13, Day 613/10/2018 | Practical work | Demonstration Method |
| **Week 14** |  |  |
| Week 14, Day 115/10/2018 | Effects of exercise on Muscular System | Lecture Method & PPT Pre. |
| Week 14, Day 216/10/2018 | --to be continue-- | Lecture Method & PPT Pre. |
| Week 14, Day 317/10/2018 | Composition of Human Blood | Lecture Method & PPT Pre. |
| Week 4, Day 418/10/2018 | ***Dussehra*** |  |
| Week 14, Day 519/10/2018 | Recreational Activities | Lecture Method & PPT Pre. |
| Week 14, Day 620/10/2018 | Practical work | Learning by doing |
| **Week 15** |  |  |
| Week 15, Day 122/10/2018 | Composition of Human Blood | Lecture Method & PPT Pre. |
| Week 15, Day 223/10/2018 | Composition of Human Blood | Lecture Method & PPT Pre. |
| Week 15, Day 324/10/2018 | ***Valmiki Jayanti*** |  |
| Week 15, Day 425/10/2018 | Debate completion on unit IV | Discussion Method |
| Week 15, Day 526/10/2018 | Practical work | Demonstration Method  |
| Week 15, Day 627/10/2018 | ***KarvaChauth*** |  |
| **Week 16** |  |  |
| Week 16, Day 129/10/2018 | --to be continue-- | Lecture Method & PPT Pre. |
| Week 16, Day 230/10/2018 | Functions of Blood | Lecture Method & PPT Pre. |
| Week 16, Day 331/10/2018 | --to be continue-- | Lecture Method & PPT Pre. |
| Week 16, Day 401/11/2018 | ***Haryana Day*** |  |
| Week 16, Day 502/11/2018 | Tutorial Lecture | Discussion Method |
| Week 16, Day 603/11/2018 | Unit test | Test & Measurement |
| **Week 17**04-11/11/2018 | **Diwali Break** |  |
| **Week 18**12-15/11/2018 | **Preparatory Holidays** |  |