**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 1  16/07/2018 | ***Inaugural Hawan***  Introduction of the subject | Lecture Method |
| Week 1, Day 2  17/07/2018 | **Concept of Growth & Development** | Lecture Method |
| Week 1, Day 3  18/07/2018 | Meaning and definition of Growth and Development | Lecture Method |
| Week 1, Day 4  19/07/2018 | Stages of Growth and Development. | 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 | Principles of growth and development | Lecture Method |
| Week 2, Day 2  24/07/2018 | Factors influencing growth and development | Lecture Method |
| Week 2, Day 3  25/07/2018 | --to be continue-- | Lecture Method |
| Week 2, Day 4  26/07/2018 | Age and sex difference in relation to physical activities and sports | 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 | Recreational Activities | Free play |
| Week 3, Day 2  31/07/2018 | ***Shaheed Udham Singh Martyrs’ day*** |  |
| Week 3, Day 3  01/08/2018 | Tutorial Lecture | Discussion Method |
| Week 3, Day 4  02/08/2018 | Tutorial Lecture | Discussion Method |
| Week 3, Day 5  03/08/2018 | Unit test | Test & Evaluation |
| Week 3, Day 6  04/08/2018 | Practical work | Learning by doing method |
| **Week 4** |  |  |
| Week 4, Day 1  06/08/2018 | **Concept of Sports Organization and Administration** | Lecture Method |
| Week 4, Day 2  07/08/2018 | Meaning and importance of organization and administration in Physical Education and Sports | Lecture Method |
| Week 4, Day 3  08/08/2018 | --to be continue-- | Lecture Method & PPT Presentation |
| Week 4, Day 4  09/08/2018 | Principles of sports organization and administration | 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 | Quiz Competition | Test & Evaluation |
| Week 5, Day 3  15/08/2018 | ***Independence Day*** |  |
| Week 5, Day 4  16/08/2018 | Organization and administration of Intramural and Extramural activities | 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 | Imitation Method |
| **Week 6** |  |  |
| Week 6, Day 1  20/08/2018 | Tournaments and their types (League and Knock out ) | Lecture Method &  PPT Presentation |
| Week 6, Day 2  21/08/2018 | --to be continue-- | Lecture Method &  PPT Presentation |
| Week 6, Day 3  22/08/2018 | ***Id*** |  |
| Week 6, Day 4  23/08/2018 | Tutorial Lecture | Lecture Method &  PPT Presentation |
| Week 6, Day 5  24/08/2018 | Tutorial Lecture | Lecture Method &  PPT Presentation |
| Week 6, Day 6  25/08/2018 | Practical work | Demonstration Method |
| **Week 7** |  |  |
| Week 7, Day 1  27/08/2018 | Unit test | Test & Evaluation |
| Week 7, Day 2  28/08/2018 | Debate competition among students | Question & Answer |
| Week 7, Day 3  29/08/2018 | Celebrate National Sports Day | Participation |
| Week 7, Day 4  30/08/2018 | **Concept of Posture** | Lecture Method |
| Week 7, Day 5  31/08/2018 | Meaning of posture and importance of good posture | 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 | Meaning of posture and importance of good posture | Lecture Method |
| Week 8, Day 3  05/09/2018 | ***Talent Show (Tentative)*** |  |
| Week 8, Day 4  06/09/2018 | Causes of poor posture | Lecture Method |
| Week 8, Day 5  07/09/2018 | Symptoms and causes of Postural Deformities: Lordosis. | Lecture Method & PPT Pres. |
| Week 8, Day 6  08/09/2018 | Practical work | Demonstration & Method |
| **Week 9** |  |  |
| Week 9, Day 1  10/09/2018 | Symptoms and causes of Postural Deformities: Kyphosis | Lecture Method & PPT Pres. |
| Week 9, Day 2  11/09/2018 | Symptoms and causes of Postural Deformities: Scoliosis | Lecture Method & PPT Pres. |
| Week 9, Day 3  12/09/2018 | Symptoms and causes of Postural Deformities: Flat Feet | Lecture Method & PPT Pres. |
| Week 9, Day 4  13/09/2018 | Symptoms and causes of Postural Deformities: Knock-Knee | Lecture Method & PPT Pres. |
| Week 9, Day 5  14/09/2018 | Symptoms and causes of Postural Deformities:  Blow Legs. | Lecture Method |
| Week 9, Day 6  15/09/2018 | Practical work | Learning by doing Met. |
| **Week 10** |  |  |
| Week 10, Day 1  17/09/2018 | Precautions and Remedies for postural deformities | Lecture Method |
| Week 10, Day 2  18/09/2018 | --to be continue-- | Lecture Method |
| Week 10, Day 3  19/09/2018 | Tutorial Lecture | Lecture Method |
| Week 10, Day 4  20/09/2018 | Tutorial Lecture | Discussion Method |
| Week 10, Day 5  21/09/2018 | Unit test | Test & Evaluation |
| Week 10, Day 6  22/09/2018 | Practical work | Learning by doing Met. |
| **Week 11** |  |  |
| Week 11, Day 1  24/09/2018 | Group discussion | Discussion Method |
| Week 11, Day 2  25/09/2018 | **Anatomy and Physiology of muscles** | Lecture Method & PPT Pre. |
| Week 11, Day 3  26/09/2018 | --to be continue-- | Lecture Method & PPT Presentation |
| Week 11, Day 4  27/09/2018 | Gross Anatomy of muscle | 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 | Types of Muscles in human body | Lecture Method & PPT Presentation |
| Week 12, Day 6  06/10/2018 | Practical work | Learning by doing Method & Role Playing |
| **Week 13** |  |  |
| Week 13, Day 1  08/10/2018 | Types of Muscles in human body | Lecture Method & PPT Presentation |
| Week 13, Day 2  09/10/2018 | Types of Muscles in human body | Lecture Method & PPT Presentation |
| Week 13, Day 3  10/10/2018 | ***Aggarsen Jayanti*** |  |
| Week 13, Day 4  11/10/2018 | Effects of exercise on Muscular System | Lecture Method & PPT Presentation |
| Week 13, Day 5  12/10/2018 | --to be continue-- | Lecture Method & PPT Presentation |
| Week 13, Day 6  13/10/2018 | Practical work | Demonstration Method |
| **Week 14** |  |  |
| Week 14, Day 1  15/10/2018 | Effects of exercise on Muscular System | 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 | Composition of Human Blood | Lecture Method & PPT Pre. |
| Week 4, Day 4  18/10/2018 | ***Dussehra*** |  |
| Week 14, Day 5  19/10/2018 | Recreational Activities | 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 | Composition of Human Blood | Lecture Method & PPT Pre. |
| Week 15, Day 2  23/10/2018 | Composition of Human Blood | Lecture Method & PPT Pre. |
| Week 15, Day 3  24/10/2018 | ***Valmiki Jayanti*** |  |
| Week 15, Day 4  25/10/2018 | Debate completion on unit IV | 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 | --to be continue-- | Lecture Method & PPT Pre. |
| Week 16, Day 2  30/10/2018 | Functions of Blood | 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 | Test & Measurement |
| **Week 17**  04-11/11/2018 | **Diwali Break** |  |
| **Week 18**  12-15/11/2018 | **Preparatory Holidays** |  |