

C.R. Kisan College, Jind

LESSON PLAN

Name of the Assistant/Associate Professor : Dr. Balvinder Singh
 Class And Section : BA Hon Sem III - 4th
 Subject Physical : Physical Education

Week	Day	Date	Chapter	Topics
1 st	1 st	01-01-2018		Introduction of Syllabus
	2 nd	02-01-2018	<u>1</u>	Meaning of warm-up and cooling down
	3 rd	03-01-2018		Methods of warm-up
	4 th	04-01-2018		Methods of cooling down
	5 th	05-01-2018		WOT
	6 th	06-01-2018		
2 nd	1 st	08-01-2018		
	2 nd	09-01-2018		Psychological aspects of warm-up and cooling down
	3 rd	10-01-2018		Contd.
	4 th	11-01-2018		Contd.
	5 th	12-01-2018		
	6 th	13-01-2018		
3 rd	1 st	15-01-2018		Contd.
	2 nd	16-01-2018	<u>2</u>	WOT
	3 rd	17-01-2018		Psychological aspects of phy. edu and
	4 th	18-01-2018		Meaning of psychomotor, what is motor psychology.
	5 th	19-01-2018		
	6 th	20-01-2018		
4 th	2 nd	23-01-2018		Need and importance of sports psychology
	3 rd	24-01-2018		Contd.
	4 th	25-01-2018		
	6 th	27-01-2018		Test at
5 th	1 st	29-01-2018		Learning meaning and
	2 nd	30-01-2018		types of learning
	4 th	01-02-2018		Contd.
	5 th	02-02-2018		Contd.
	6 th	03-02-2018		Contd.
	6 th	1 st	05-02-2018	
2 nd		06-02-2018		Learning (Contd)
3 rd		07-02-2018		Contd.

	4 th	08-02-2018		Test
	5 th	09-02-2018		Test
7 th	1 st	12-02-2018		Requisition. of ce
	3 rd	14-02-2018	Chapters	Ancient Olympic
	4 th	15-02-2018	Major	cont.
	5 th	16-02-2018	Sports	Continu.
	6 th	17-02-2018	events	Conti
8 th	1 st	19-02-2018		Modern Olympic
	2 nd	20-02-2018		Conti
	3 rd	21-02-2018		Conti
	4 th	22-02-2018		Conti
	5 th	23-02-2018		Test
	6 th	24-02-2018		Asian games
9 th	1 st	26-02-2018		Conti
	2 nd	27-02-2018		Conti
10 th	1 st	05-03-2018		Test
	2 nd	06-03-2018		Test
	3 rd	07-03-2018		Commonwealth games.
	4 th	08-03-2018		Conti
	5 th	09-03-2018		Conti
	6 th	10-03-2018		Test
11 th	1 st	12-03-2018	4	Structure of Respiratory
	2 nd	13-03-2018	Anatomy	system
	3 rd	14-03-2018	and Physiology	Conti
	4 th	15-03-2018	of Human	Conti
	5 th	16-03-2018	TRM.	Conti
	6 th	17-03-2018		Test
12 th	1 st	19-03-2018		Effect of exercise
	2 nd	20-03-2018		on respiratory system
	3 rd	21-03-2018		Assignment
	4 th	22-03-2018		Conti
	6 th	24-03-2018		

13 th	1 st	26-03-2018		Terminology of respiration
	2 nd	27-03-2018		anatomy
	3 rd	28-03-2018		anatomy,
	5 th	30-03-2018		Tidal volume
	6 th	31-03-2018		Residual volume
	14 th	1 st	02-04-2018	
2 nd		03-04-2018		test -
3 rd		04-04-2018		Assignment I
4 th		05-04-2018		Test.
5 th		06-04-2018		Assignment ch. 1.
6 th		07-04-2018	Chapter I	Revision of test
15 th	1 st	09-04-2018		Conti work.
	2 nd	10-04-2018		Conti r.
	3 rd	11-04-2018		test.
	4 th	12-04-2018	Chapter II	Revision of Chapter II
	5 th	13-04-2018		anatomy
16 th	1 st	16-04-2018		Conti Psychology
	2 nd	17-04-2018		Conti sports Psychology.
	4 th	19-04-2018		Test
	5 th	20-04-2018	Chapter 3	Revision of Chapter 3
	6 th	21-04-2018		Conti Ancient culture
	17 th	1 st	23-04-2018	
2 nd		24-04-2018		Asian Games
3 rd		25-04-2018		Commonwealth game
4 th		26-04-2018	Chapter 4	Respiratory System
5 th		27-04-2018	Anatomy & Physiology	Physiology.
6 th		28-04-2018	Physiology	effect of exercise, respiration, Tidal volume.


 Signature of Teacher