

C.R. Kisan College, Jind

LESSON PLAN

Name of the Assistant/Associate Professor : **DR. RAJPAL SINGH DHANDA.**
 Class And Section : **BA. 3rd 6th Sem.**
 Subject : **Physical Education.**

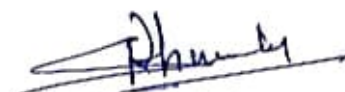
| Week | Day | Date | Chapter | Topics |
|-----------------|-----------------|------------|------------|---|
| 1 st | 1 st | 01-01-2018 | | Introduction of Syllabus |
| | 2 nd | 02-01-2018 | Unit - 1st | Meaning and definition of Motivation |
| | 3 rd | 03-01-2018 | | Types of Motivation |
| | 4 th | 04-01-2018 | | Importance of Motivation in Sports |
| | 5 th | 05-01-2018 | | Continue |
| | 6 th | 06-01-2018 | | Continue Last |
| | | 07-01-2018 | | Sunday |
| 2 nd | 1 st | 08-01-2018 | | Discuss |
| | 2 nd | 09-01-2018 | | Meaning of Socialization |
| | 3 rd | 10-01-2018 | | Socialization through Sports |
| | 4 th | 11-01-2018 | | Continue |
| | 5 th | 12-01-2018 | | Effects of Social behaviours on the Performance of Sports |
| | 6 th | 13-01-2018 | | Continue |
| | | 14-01-2018 | | Sunday |
| 3 rd | 1 st | 15-01-2018 | | Continue and Revision |
| | 2 nd | 16-01-2018 | | Problem Discussion |
| | 3 rd | 17-01-2018 | Unit - 2nd | Meaning and definition of Sports Training |
| | 4 th | 18-01-2018 | | Definition of Sports Training - Continue |
| | 5 th | 19-01-2018 | | Factors affecting Sports Training |
| | 6 th | 20-01-2018 | | Continue last topic |
| | | 21-01-2018 | | Sunday |
| 4 th | | | | Holiday: Vasanti Panchami |
| | 2 nd | 23-01-2018 | | Types of Sports Training |
| | 3 rd | 24-01-2018 | | Circuit Training |
| | 4 th | 25-01-2018 | | Continue last and Revision |
| | 6 th | 27-01-2018 | | Types of circuit Training |
| | | 28-01-2018 | | Sunday |
| 5 th | 1 st | 29-01-2018 | | Advantage of Circuit Training |
| | 2 nd | 30-01-2018 | | Interval Training Method |
| | 4 th | 01-02-2018 | | Advantage of I.T Method |
| | 5 th | 02-02-2018 | | Disadvantages |
| | 6 th | 03-02-2018 | | Continue last and discuss |
| | | 04-02-2018 | | Holiday: Guru Ravdas Birth Day |
| 6 th | 1 st | 05-02-2018 | | Practical Implementation |
| | 2 nd | 06-02-2018 | | Continue Training Method |
| | 3 rd | 07-02-2018 | | Advantages |

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|------------------|-----------------|------------|------------|---|----------------------|
| | 4 th | 08-02-2018 | | Practical implement | |
| | 5 th | 09-02-2018 | | Meaning of Doping | |
| | | | | Holiday - Maharshi Dayanand Saraswati Jayanti | |
| | | | | Sunday | |
| 7 th | 1 st | 12-02-2018 | | Types of Doping | |
| | | | | Holiday - Maha Shivratri | |
| | 3 rd | 14-02-2018 | | Continue Last | |
| | 4 th | 15-02-2018 | | Effects of doping on the Health | |
| | 5 th | 16-02-2018 | | Problem Discuss | |
| | 6 th | 17-02-2018 | | Revision | |
| | | | | | Sunday |
| 8 th | 1 st | 19-02-2018 | | Test Unit - I | |
| | 2 nd | 20-02-2018 | | Test Unit - II | |
| | 3 rd | 21-02-2018 | | Discuss test - I | |
| | 4 th | 22-02-2018 | | Discuss Test - II | |
| | 5 th | 23-02-2018 | | Revision | |
| | 6 th | 24-02-2018 | | -do- | |
| | | | | | Sunday |
| 9 th | 1 st | 26-02-2018 | Unit - III | Meaning & definition of Sports Biomechanics. | |
| | 2 nd | 27-02-2018 | | Importance of Biomechanics in Sports. | |
| | 3 rd | 28-02-2018 | | Vacation | |
| | 4 th | 01-03-2018 | | Vacation | |
| | 5 th | 02-03-2018 | | Vacation | |
| | 6 th | 03-03-2018 | | Vacation | |
| | 7 th | 04-03-2018 | | Vacation | |
| 10 th | 1 st | 05-03-2018 | | Continue test | |
| | 2 nd | 06-03-2018 | | -do- | |
| | 3 rd | 07-03-2018 | | Newton's law of motion and their Application in Sports. | |
| | 4 th | 08-03-2018 | | Continue Last | |
| | 5 th | 09-03-2018 | | Leves's meaning. | |
| | 6 th | 10-03-2018 | | Types and their application in Sports. | |
| | | | | | Sunday |
| 11 th | 1 st | 12-03-2018 | | Continues Last | |
| | 2 nd | 13-03-2018 | | Problem discuss | |
| | 3 rd | 14-03-2018 | | -do- | |
| | 4 th | 15-03-2018 | | Implementation in sports | |
| | 5 th | 16-03-2018 | | Practical application | |
| | 6 th | 17-03-2018 | | Continues | |
| | | | | | Sunday |
| 12 th | 1 st | 19-03-2018 | | Revision | |
| | 2 nd | 20-03-2018 | | -do- | |
| | 3 rd | 21-03-2018 | | Problem Discuss | |
| | 4 th | 22-03-2018 | | Test - I | |
| | | | | | Holiday - Sabudhavas |
| | 6 th | 24-03-2018 | | Test - II | |

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| | | | | Sunday |
| 13 th | 1 st | 26-03-2018 | | Discuss Test - I |
| | 2 nd | 27-03-2018 | | Discuss Test - II |
| | 3 rd | 28-03-2018 | | Discuss |
| | | | | Holiday: Mahavir Jayanti |
| | 5 th | 30-03-2018 | | Revision |
| | 6 th | 31-03-2018 | | -do- |
| | | | | Sunday |
| 14 th | 1 st | 02-04-2018 | Unit - IV | Anatomy and Physiology of Digestive System |
| | 2 nd | 03-04-2018 | | Organs of Digestive System |
| | 3 rd | 04-04-2018 | | Structure of Digestive System |
| | 4 th | 05-04-2018 | | Continue Last |
| | 5 th | 06-04-2018 | | -do- |
| | 6 th | 07-04-2018 | | Problem Discussion |
| | | | | Sunday |
| 15 th | 1 st | 09-04-2018 | | Continue Last |
| | 2 nd | 10-04-2018 | | Mechanism of digestive system |
| | 3 rd | 11-04-2018 | | Continue |
| | 4 th | 12-04-2018 | | Effects of exercise on digestive system |
| | 5 th | 13-04-2018 | | Continue |
| | | | | Holiday: B.R. Ambedkar Jayanti |
| | | | Sunday | |
| 16 th | 1 st | 16-04-2018 | | Problem discuss |
| | 2 nd | 17-04-2018 | | Assignment |
| | | | | Holiday: Parshuram Jayanti |
| | 4 th | 19-04-2018 | | Assignment |
| | 5 th | 20-04-2018 | | Table Presentation (Project work) |
| | 6 th | 21-04-2018 | | Continue (group wise) |
| | | | Sunday | |
| 17 th | 1 st | 23-04-2018 | | Continue |
| | 2 nd | 24-04-2018 | | -do- |
| | 3 rd | 25-04-2018 | | Problem regarding syllabus |
| | 4 th | 26-04-2018 | | Continue |
| | 5 th | 27-04-2018 | | Revision |
| | 6 th | 28-04-2018 | | Revision |


Signature of Teacher

C.R. Kisan College, Jind

LESSON PLAN

Name of the Assistant/Associate Professor : DR. RAJPAL SINGH DHANDA.

Class And Section

: BA. Ist 2nd Sem.

Subject

: Physical Education


| Week | Day | Date | Chapter | Topics |
|-----------------|-----------------|------------|---------|---|
| 1 st | 1 st | 01-01-2018 | | Introduction of Syllabus |
| | 2 nd | 02-01-2018 | Ist | Meaning & definition of health education Aim, objective and scope of health edu. Meaning, definition of health Individual |
| | 3 rd | 03-01-2018 | | |
| | 4 th | 04-01-2018 | | |
| | 5 th | 05-01-2018 | | |
| | 6 th | 06-01-2018 | | |
| | | 07-01-2018 | | |
| 2 nd | 1 st | 08-01-2018 | | Discussion |
| | 2 nd | 09-01-2018 | | Importance of health edu in Modern Society. |
| | 3 rd | 10-01-2018 | | Meaning Aim, objective of First Aid |
| | 4 th | 11-01-2018 | | General Principles of First Aid. |
| | 5 th | 12-01-2018 | | First Aid for common injuries - Discussion |
| | 6 th | 13-01-2018 | | First Aid of Snake biting |
| | | 14-01-2018 | | Sunday |
| 3 rd | 1 st | 15-01-2018 | | First Aid of Drowning |
| | 2 nd | 16-01-2018 | | First Aid of burn electric shock |
| | 3 rd | 17-01-2018 | | First Aid of bleeding in different Body Parts. |
| | 4 th | 18-01-2018 | | First Aid of nose bleeding |
| | 5 th | 19-01-2018 | | Discussion |
| | 6 th | 20-01-2018 | | Test of Unit - I |
| | | 21-01-2018 | | Sunday |
| 4 th | | | | Holiday - Varan Pradash |
| | 2 nd | 23-01-2018 | | General Discussion about test |
| | 3 rd | 24-01-2018 | 2nd. | Pre independence Historical development of Phys |
| | 4 th | 25-01-2018 | | Post - do - |
| | 6 th | 27-01-2018 | | Comparative development of Phys. Edu. in India. |
| | | 28-01-2018 | | Sunday |
| 5 th | 1 st | 29-01-2018 | | Discussion |
| | 2 nd | 30-01-2018 | | Role of India Olympic association in Development. |
| | 4 th | 01-02-2018 | | Role of Sports authority of India |
| | 5 th | 02-02-2018 | | Role of NSNIS in Development |
| | 6 th | 03-02-2018 | | Role of YMCA |
| | | 04-02-2018 | | Sunday |
| 6 th | 1 st | 05-02-2018 | | Role of Haryana sports Policy |
| | 2 nd | 06-02-2018 | | Discussion of National Sports Policy |
| | 3 rd | 07-02-2018 | | List topic continue discuss |

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| | 4 th | 08-02-2018 | | Test | |
| | 5 th | 09-02-2018 | | Assienment | |
| | | | | Holiday: Maharshi Dayanand Saraswati Jayanti | |
| | | | | Sunday | |
| 7 th | 1 st | 12-02-2018 | | Assienment | |
| | | | | Holiday: Maha Shivratri | |
| | 3 rd | 14-02-2018 | 38a | Meaning and definition of Phy Fitness | |
| | 4 th | 15-02-2018 | | Impostance of Phy. Fit Fitness | |
| | 5 th | 16-02-2018 | | Components of Phy Fit Fitness | |
| | 6 th | 17-02-2018 | | Psinciple of Physical fitness. | |
| | | | | | Sunday |
| 8 th | 1 st | 19-02-2018 | | Discussion | |
| | 2 nd | 20-02-2018 | | Factors influencing Physical fitness | |
| | 3 rd | 21-02-2018 | | Discussion, continue last topic | |
| | 4 th | 22-02-2018 | | Meaning of Exercise | |
| | 5 th | 23-02-2018 | | Isometric exercise with Psactical | |
| | 6 th | 24-02-2018 | | Isotonic exercise with Psactical | |
| | | | | | Sunday |
| 9 th | 1 st | 26-02-2018 | | Isokinetic exercise with Psactical | |
| | 2 nd | 27-02-2018 | | Last topic Impliment with exercise | |
| | 3 rd | 28-02-2018 | | Vacation | |
| | 4 th | 01-03-2018 | | Vacation | |
| | 5 th | 02-03-2018 | | Vacation | |
| | 6 th | 03-03-2018 | | Vacation | |
| | 7 th | 04-03-2018 | | Vacation | |
| 10 th | 1 st | 05-03-2018 | | Ground Impliment | |
| | 2 nd | 06-03-2018 | | Continue | |
| | 3 rd | 07-03-2018 | | -do- | |
| | 4 th | 08-03-2018 | | Test Unit - 2nd | |
| | 5 th | 09-03-2018 | | Discussion | |
| | 6 th | 10-03-2018 | | -do- | |
| | | | | | Sunday |
| 11 th | 1 st | 12-03-2018 | | Assignment for 3 chapters. | |
| | 2 nd | 13-03-2018 | | Assignment | |
| | 3 rd | 14-03-2018 | | -do- | |
| | 4 th | 15-03-2018 | | -do- | |
| | 5 th | 16-03-2018 | | Discussion | |
| | 6 th | 17-03-2018 | | -do- | |
| | | | | | Sunday |
| 12 th | 1 st | 19-03-2018 | 4 th | Meaning of Anatomy and Physiology | |
| | 2 nd | 20-03-2018 | | human Anatomy and Physiology | |
| | 3 rd | 21-03-2018 | | Anatomy of human bones | |
| | 4 th | 22-03-2018 | | Types of bones in human body | |
| | | | | | Holiday: Sandi Dwas |
| | 6 th | 24-03-2018 | | Function of bones in human body | |

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| | | 25-03-2018 | Sunday | |
| 13 th | 1 st | 26-03-2018 | Meaning of Joints | |
| | 2 nd | 27-03-2018 | Types of Joints | |
| | 3 rd | 28-03-2018 | Discussion | |
| | | | Holiday: Mahavir Jayanti | |
| | 5 th | 30-03-2018 | Discussion of Last topic | |
| | 6 th | 31-03-2018 | Types of freely moveable Joints | |
| | | 01-04-2018 | Sunday | |
| 14 th | 1 st | 02-04-2018 | Synovial Joints movements with Practical | |
| | 2 nd | 03-04-2018 | Discussion | |
| | 3 rd | 04-04-2018 | -do- | |
| | 4 th | 05-04-2018 | Test | |
| | 5 th | 06-04-2018 | Assignment | |
| | 6 th | 07-04-2018 | -do- | |
| | | | 08-04-2018 | Sunday |
| 15 th | 1 st | 09-04-2018 | Problem discuss | |
| | 2 nd | 10-04-2018 | Discussion | |
| | 3 rd | 11-04-2018 | -do- | |
| | 4 th | 12-04-2018 | -do- | |
| | 5 th | 13-04-2018 | -do- | |
| | | | 14-04-2018 | Holiday: B.R. Ambedkar Jayanti |
| | | 15-04-2018 | Sunday | |
| 16 th | 1 st | 16-04-2018 | 1st chapter test | |
| | 2 nd | 17-04-2018 | Discussion | |
| | | | 18-04-2018 | Holiday: Parshuram Jayanti |
| | 4 th | 19-04-2018 | 2nd chapter test | |
| | 5 th | 20-04-2018 | Assignment | |
| | 6 th | 21-04-2018 | Discussion | |
| | | 22-04-2018 | Sunday | |
| 17 th | 1 st | 23-04-2018 | 3rd chapter test | |
| | 2 nd | 24-04-2018 | Assignment | |
| | 3 rd | 25-04-2018 | Discussion | |
| | 4 th | 26-04-2018 | 4th chapter test | |
| | 5 th | 27-04-2018 | Assignment | |
| | 6 th | 28-04-2018 | Discussion | |


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