

Lesson plan		2023--24 (01 January to 30 April 2024) Even Sem.	
Name of Assistant professor	DR. Meenakshi		
Class	BA 2nd year, 4th semester		
Subject	Physical Education		
Week, Month	Topics covered		
Week 1, 01January- 06 January	Practical exam for 3rd semester on 1&2 January 2024, Meaning and importance of physical, Aims and objectives of physical education.		
Week 2, 08 January- 13 January	Relationship of physical education with general education, need of physical education in modern society.		
Week 3, 15 January- 20 January	Revision of Unit 1, Discussion with students and presentation by students.		
Week 4, 22 January- 27January	Physical fitness, Meaning and components of physical fitness, Speed, Strength, Endurance, Flexibility, Agility.		
Week 5, 29January-03 February	Factors influencing physical fitness, Warming up and Cooling down.		
Week 6, 05 February-10 February	Types of Warm ups, Guinding principles of Warm ups, importance of warming up and cooling down.		
Week 7, 12 February-17 February	Test of Unit 1&2, Practical work of athletics and games.		
Week 8, 19 February- 24 February	Meaning and objectives of shuddhi kriya, yogic kriyas, types of shuddhi kriyas= neti, dhauti, nauli, basti, kapalbhati and tratak.		
Week 9, 26 February -02 March	Physiological value of shuddhi kriya, meaning of camping, types of camping.		
Week 10, 04March-09 March	Educational value of camping.		
Week 11, 11 March - 16March	Lesson plans of athletics and games.		
Week 12, 18 March - 22 March	Assingments and test of Unit 1,2,3.		
23 March -31 March		Holi Vacation	
Week 13, 01 April- 06 April	Test of short answer type questions and presentation by students on role of following agencies in promotion of sports.		
Week 14, 08 April- 13 April	All India Council of Sports, IOC.		
Week 15, 15April -20 April	Youth women christian association, sports physical aptitude test.		
Week 16, 22 April -27 April	Practical work and assignment.		
Week 17, 29 April-30 April	Revision of theory and practical work.		

ASST. PROF. PHYSICAL EDUCATION

PRINCIPAL, GC JASSIA

Principal
Govt. College
Jassia (Rohtak)

Lesson plan		2023--24 (01 January to 30 April 2024) Even Sem.	
Name of Assistant professor		DR. Meenakshi	
Class		BA1st Second SEM	
Subject		Physical Education	
Week, Month		Topics covered	
Week 1, 01January- 06 January		Practical exam for 1st semester on 1&2nd January 2024. What is health, Importance of health, Definition of health.	
Week 2, 08 January- 13 January		Principles of health education, Revision of unit 1.	
Week 3, 15 January- 20 January		Discussion with students, Presentation by students of unit 1.	
Week 4, 22 January- 27January		Benefits of cross ventilation, Sunlight and ventilation, Practical work of athletics.	
Week 5, 29January-03 February		Practical of athletic events and games for second semester.	
Week 6, 05 February-10 February		Test and discussion of unit 2	
Week 7, 12 February-17 February		Preparation of lesson plan of athletics and games by students for practical.	
Week 8, 19 February- 24 February		Test of short answer type questions of Unit 1&2.	
Week 9, 26 February -02 March		Meaning and importance of personal hygiene, care of body, care of hair, personal hygiene, care of eyes, care of skin, care of ears and body.	
Week 10, 04March-09 March		Communicable diseases, modes of spread, meaning of communicable diseases.	
Week 11, 11 March - 16March		Cholera, Typhoid, HIV AIDS, Tuberculosis, details of all diseases, modes of transmission, prevention and cure.	
Week 12, 18 March - 22 March		Assignments, revision of all work done and practical work.	
23 March -31 March		Holi Vacation	
Week 13, 01 April- 06 April		Revision of Unit 1,2&3 + Practical.	
Week 14, 08 April- 13 April		Test of Unit 3&4.	
Week 15, 15April -20 April		Meaning of yoga, importance of yoga, types of yoga san and benefits of yoga, precautions of yoga sans.	
Week 16, 22 April -27 April		Revision of Unit 5.	
Week 17, 29 April-30 April		Revision of practical and theory work.	

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