

GOVERNMENT COLLEGE JASSIA

Lesson Plan (Session 2024-25)

Physical education

Class BA VI(6th Sem)

Subject – physical education

Months	Week	Topics
January	Week 1 (7-11)	Introductory part General discussion about syllabus. Unit 1 Track: need and importance of track. Characteristics of track i.e. track events and field events. Maintenance of track
	Week 2 (13-18)	How to draw standard track. Measurements, Rules and Regulations. Discussion about marking and events of track.
	Week 3 (20-25)	Conduct of annual athletic meet. Organization and conduct of tournaments.
	Week 4 (27-01 Feb)	Unit 2 Sports management Meaning of sports management Importance of sports management Scope of sports management Factors influencing sports management.
February	Week 5 (03-08)	Discussion and test of objective type questions. Assignment work. Preparation of files. PRACTICAL WORK.
	Week 6 (10-15)	Qualification and qualities of a physical education teacher. Duties of officials. Pre-game duties of officials. During-game duties of officials. Post-game duties of officials.
	Week 7 (17-22)	Revision of Unit 1&2

		Tests and assignments Practical work Group discussion.
	Week 8 (24- 1 st March)	Sports injuries Unit 3 Prevention of sports injuries and rehabilitation. Sports injuries and various factors causing injuries.
March	Week 9 (03-08)	Principles of prevention of sports injuries. Meaning and scope of rehabilitation.
	Week 10 (09-16)	Holi Vacations
	Week 11 (17-22)	Group discussion. Short revision. Test series and assignments.
	Week 12 (24-29)	Role of a physical education teacher in rehabilitation.
April	Week 13 (31 March-5April)	Professional preparation. Practical work.
	Week 14 (07-12)	Meaning of professional preparation. Definition of professional preparation.
	Week 15(14-19)	Significance of professional preparation in physical education. Practical work.
	Week 16 (21-26)	Curriculum design in physical education. Practical work.
	Week 17 (28 to till exams)	Revision of the entire syllabus related examination.

1. Vacations as per University Calendar.
2. Two Assignments and Unit Tests will be taken as per schedule.

Signature of class Incharge

Principal

Govt college Jassia Lesson plan (2024-25)
Physical education
Class BA II (4th Sem) (07.01.25-06.05.25)

Months	Week	Topics
January	Week 1 (7-11)	Introductory part of syllabus. Short Review of syllabus and practical. Unit 1 Meaning and importance of physical education. Aim and objectives of physical education.
	Week 2 (13-18)	Relationship of physical education with general education. Need of physical education in the modern society. Revision of unit 1.
	Week 3 (20-25)	Unit 2 General introduction to physical fitness. Meaning and components of physical fitness. Details of speed Strength Endurance Flexibility and Agility. Presentation by students. Problem solving.
	Week 4 (27-01 Feb)	Factors influencing physical fitness. Warming up -Types of warming up Guiding principles of warming up Discussion in classroom. Problem solving Assignment
February	Week 5 (03-08)	Practical work Knowledge about games and sports. Preparation of lesson plan for practical work and assignment.objective test of unit 1 and2 Question, answer session.
	Week 6 (10-15)	importance of warming up and cooling down. Discussion. Problem solving.
	Week 7 (17-22)	Unit 3 Yogic kriyas

		Meaning and objectives of shudhi kriya. Types of shudhi kriya. Neti,dhauti,Nauli,Basti, Kapalbhati and trataka.
	Week 8 (24- 1 st March)	discussion with students. Physiological values of shudhi kriya. Practical lesson will be prepared by students. Test.
March	Week 9 (03-08)	Revision of whole syllabus. Practical file. Assignment
	Week 10 (09-16)	Holi Vacations
	Week 11 (17-22)	Unit 4 Camping Meaning of camping. Types of camping.
	Week 12 (24-29)	Educational value of camping. Roll of various agencies in promotion of games and sports. All india council of sports.
April	Week 13 (31 March-5April)	Revision of unit 1 Subjective test and discussion. Physical fitness components.
	Week 14 (07-12)	International Olympic committee. Young women Christian association (YWCA)
	Week 15(14-19)	SPAT Sports physical Aptitude test. Discussion on unit 4 Practical work preparation.
	Week 16 (21-26)	Revision and problem solving session. Group discussion. Practical work
	Week 17 (28 to till exams)	Revision of the entire syllabus related examination.

1. Vacations as per University Calendar.
2. Two Assignments and Unit Tests will be taken as per schedule

Subject incharge

Principal