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| **Lesson plan 2025-26 (odd Sem) (15 July-18 Nov.2025)** |
| **Name of Assistant professor** | **Dr Meenakshi** |
| **Class** | **B.A. 1st Sem** |
| **Subject** | **Physical Education** |
| **Week, Month** | **Topics covered** | **Status/****Remarks** |
| Week 1, 15July - 19July  | Introductory Part of syllabus. Discussion about lesson plan. |  |
| Week 2, 21July- 26July  | Introduction of Physical Education, Definition of physical education. |  |
| Week 3, 28 July- 02 August | Unit-1 assignments; paper presentation  |  |
| Week 4, 04 August-09August | Unit-1scope of physical education. assignment; solve of queries’ |  |
| Week 5, 11 August- 16 August | Importance of physical education. Historical development of ancient Olympic games. |  |
| Week 6, 18August- 23 August | Assignment to students, year wise organisation of Olympic games. group Discussion. |  |
| Week 7, 25August – 30 August | Historical Development of National games. Revision of unit -1 |  |
| Week 8, 01 September- 06 September | Unit-2 Introduction of Biological basis of physical activity. Types of exercises. unit-2 assignments. |  |
| Week 9, 08 September-13 September | Growth and exercises. Exercises and wellbeing. Types of exercises. OBJECTIVE TYPE TEST. |  |
| Week 10,15 September-20 September  | Body types. Growth of physical education in India. LNIPE, SAI NS NIS, YMCA.IOA role of IOA in promotion of sports. |  |
| Week 11, 22 September- 27 September  | Unit-3 introduction of Modern Olympic games. Modern Olympic games Revival. progress. Performance of Indian players in modern Olympic. assignment. |  |
| Week 12, 29 September- 04 October | Daronacharya Awards, Khel ratan award. Bhim Award Haryana, Maulana Abdul Kalam Azad Trophy. |  |
| Week 13, 06 October-11 October  | Unit -4 Sports awards in India |  |
| **Diwali break (14 October-22 October)** |
| Week 14, 23 October- 25 October  | Rules and regulations of games and sports related to syllabus for 1 sem. |  |
| Week 15, 27 October – 01 November | Assessment and assignment submission. practical work of judo, volleyball. |  |
| Week 16, 03 November-08 November | Preparation of track and assignment. |  |
| Week 17, 10 November-15 November | Group discussion. revision of syllabus, practical file work completion.. |  |
| Week 18, 17 November- 18 November | Subjective test and assignment submission |  |

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| **Lesson plan 2025-26 (odd Sem) (15 July-18 Nov.2025)** |
| **Name of Assistant professor** | **Dr Meenakshi** |
| **Class** | **B.A. 5th Sem** |
| **Subject** | **Physical Education** |
| **Week, Month** | **Topics covered** | **Status/****Remarks** |
| Week 1, 15July - 19July  | Psychology Aspects of Physical Edu :- Learning of Sports Activities , General Discussion about Psychological Aspects of Physical Edu. |  |
| Week 2, 21July- 26July  | Social Psychological foundation of Physical Edu. , Discussion of Physical Education syllabus , Practical & Theory syllabus  |  |
| Week 3, 28 July- 02 August | Psycho- Physical unity of Human Being , Laws of learning their application to situation to playgrounds , Skills of Hockey game |  |
| Week 4, 04 August-09August | Theories of Play, Individual differences, adjustment, Motivation, Rules & regulation of Athletics  |  |
| Week 5, 11 August- 16 August | Discussion about topic covered, Presentation by students, Test & assignments  |  |
| Week 6, 18August- 23 August | Sports socializing agency :- Sports as medium of socialization, Effects of Socio economic status on sports, Practical works , file & projects  |  |
| Week 7, 25August – 30 August | Spectator & crowd behaviour ( Positive , negative & neutral , Sports & Economic tradition & influence behaviour Pattern  |  |
| Week 8, 01 September- 06 September | Test & assignments , Practical Lesson plan preparation , assignment preparation & project Work  |  |
| Week 9, 08 September-13 September | Conditioning :- Need & impotence of condition, method of conditioning , practical assignment & skill executions  |  |
| Week 10,15 September-20 September  | Trianing :- Circuit Training, Interval Training , Fartlek training & weight training  |  |
| Week 11, 22 September- 27 September  | Revision of syllabus , skill execution , basic skills of games & Athletic , Rules & regulation of athletics  |  |
| Week 12, 29 September- 04 October | Types of doping & Prevention of Doping  |  |
| Week 13, 06 October-11 October  | Hazard of smoking & drinking , Test & Assignment  |  |
| **Diwali break (14 October-22 October)** |
| Week 14, 23 October- 25 October  | Presentation by students , Group discussion & measurement of various playgrounds |  |
| Week 15, 27 October – 01 November | Prevention of smoking & drinking, Practice of conditioning exercise  |  |
| Week 16, 03 November-08 November | Quitting techniques of drinking & smoking habits  |  |
| Week 17, 10 November-15 November | Revision of syllabus & Test, Problem solving discussion  |  |
| Week 18, 17 November- 18 November | Subjective test and assignment submission |  |