

Lesson Plan

G.C. Narnaund

Unit wise Lesson Plan for Odd Semester 2020-21

Name of Teacher: Dr. Pankaj Gota

Class: BA 1st (1st Sem)

Subject: Physical Education

Unit	Description of Chapter/Topic	Duration	Assignment/ Test
Unit-1	Introduction of Physical Education- Meaning, definition, scope, aim, objective, importance, misconception of physical education	3 rd week of Nov to 2 nd week of December	Ist assignment in the last week of January
Unit-2	Health and Hygiene	3 rd week of December to Ist week of January	Minor test in the first week of February
Unit-3	Introduction of Yoga	2 nd week of January to Last week of February	2 nd Assignment in the last week of February
Unit-4	Human Anatomy and physiology of cell, tissue, organ and system	Ist week of March to 3 rd week of March	
Revision		Last week of March	

Jay

Lesson Plan

G.C. Narnaund

Unit wise Lesson Plan for Odd Semester 2020-21

Name of Teacher: Dr. Pankaj Gota

Class: BA II(3rd Sem)

Subject: **Physical Education**

Unit	Description of Chapter/Topic	Duration	Assignment/ Test
Unit-1	Concept of safety education, Sports injury, Principals, prevention, general treatment for sports injury	3 rd week of Nov to 2 nd week of December	Ist assignment in the last week of January
Unit-2	Common diseases: communicable and non communicable	3 rd week of December to 1st week of January	Minor test in the first week of February
Unit-3	Concept of balanced diet	2 nd week of January to Last week of February	2 nd Assignment in the last week of February
Unit-4	Anatomy and physiology of circulatory system	1st week of March to 3 rd week of March	
Revision		Last week of March	

Pankaj

Lesson Plan

G.C. Narnaund

Unit wise Lesson Plan for Odd Semester 2020-21

Name of Teacher: **Dr. Pankaj Gota**

Class: **BA IIIrd (5th Sem)**

Subject: **Physical Education**

Unit	Description of Chapter/Topic	Duration	Assignment/ Test
Unit-1	Growth and development	3 rd week of Nov to 2 nd week of December	Ist assignment in the last week of January
Unit-2	Concept of Sports organization and administration	3 rd week of December	Minor test in the first week of February
Unit-3	Concept of Posture	Ist week of January to 3 rd week of February	2 nd Assignment in the last week of March
Unit-4	Anatomy and physiology of muscular system	4 th week of February to Ist week of March	
Revision		2 nd week of March onwards	

