

Government College Narnaund

LESSON PLAN

Name of the Assistant/Associate Professor : Pankaj Goyat

Class And Section : B.A. 3rd 6th sem 2023-2024

Subject Lesson Plan : Physical Education

Week	Date	Topic
1st	01/01/2024 to 10/01/2024	Meaning and definition fo Motivation
		Types of Motivation
		Importance of Motivation in sports
		Continue last
		Continue last
		Discuss
2nd	12/01/2024 to 18/01/2024	Meaning of socialization
		Socialization through sports
		Continue
		Effects of social behaviour on the Performance of sports
		Continue
		Continue and Revision
3rd	19/01/2024 to 25/01/2024	Problem discussion
		Meaning and definition of Sports Training
		Definition of sports Trg-Continue
		Factors affecting sports training
		Continue last Topic
		Types of sports Training
4th	29/01/2024 to 03/01/2024	Circuit Training
		Contiue Last and Revision
		Types of Circuit Training
		Advantage of Circuit Training
5th	05/02/2024 to 10/02/2024	Interval Training Method
		Advantage of I.T Method
		Disadvantages
		Continue last and discuss
		Practical Implimention
6th	12/02/2024 to 19/02/2024	Continue Training Method
		Advantages
		Practical impliment
		Meaning of Doping
		Types of Doping
7th	20/02/2024 to 27/03/2024	Continue last
		Effects of doping on the health
		Problem discuss
		Revision
8th	28/02/2024 to 07/03/2024	Test Unit-I
		Test Unit-II
		Discuss test-I
		Discuss test-II
		Revision
		Revision

9th	09/03/2024 to 16/03/2024	Meaning and definition of sports biomechanics
		Importance of Biomechanics in sports
10th	18/03/2024 to 22/03/2024	Continue test
		Continue test
		Newton's law of motion and their Application in sport
		Continue last
		Lever's meaning
11th	01/04/2024 to 06/04/2024	Types and their application in sports
		Continues last
12th	08/04/2024 to 13/04/2024	Problem discuss
		Problem discuss
13th	15/04/2024 to 18/04/2024	Implimentation in sports
		Practical application
14th	19/04/2024 to 22/04/2024	Revision
		Revision
15th	22/04/2024 to 25/05/2024	Problem Discuss
		Test-I
16th	26/04/2024 to 30/04/2023	Test-II
		Discuss Test-I
17th	26/04/2024 to 30/04/2023	Discuss Test-II
		Discuss
18th	26/04/2024 to 30/04/2023	Revision
		Revision
19th	26/04/2024 to 30/04/2023	Anotomy and Physiology of Digestive System
		Organs of Digestive System
20th	26/04/2024 to 30/04/2023	Structure of Digestive System
		Continue last
21th	26/04/2024 to 30/04/2023	Continue last
		Problem discussion
22th	26/04/2024 to 30/04/2023	Continue last
		Mechanism of digestivbe system
23th	26/04/2024 to 30/04/2023	Continue
		Effects of exercise on digestive system
24th	26/04/2024 to 30/04/2023	Continue
		Problem discuss
25th	26/04/2024 to 30/04/2023	Assignment
		Assignment
26th	26/04/2024 to 30/04/2023	Topic presentation (Project work)
		Continue (group wise)

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Government College Narnaund

LESSON PLAN

Name of the Assistant/Associate Professor : **PANKAJ GOYAT**

Class And Section **B.A. 1st 2 sem** *2023-24* :

Subject Lesson Plan : **Physical Education**

Week	Date	Topic
1st	01/01/2024 to 13/01/2024	Meaning, definition of health education
		Aim objection and scope of health education
		Meaning, definition of health individual
		Health instruction, health services
		Scope of health education
		Discussion
2nd	15/01/2024 to 22/01/2024	Importance of health Edu. In modern society
		Meaning, Aim, objective of First Aid
		General Principles of First Aid
		First Aid for common injuris -Discussion
		First Aid of snake biting
		First Aid of Drowning
3rd	24/01/2024 to 31/01/2024	First Aid of burn, electric shock
		First Aid of bleeding in different Body parts
		First Aid of nose bleeding
		Discussion
		Test of Unit-1
		General Discussion about test
4th	01/02/2024 to 09/02/2024	Pre independence historical development of Phy. Edu. India
		Post independence historical development of Phy. Edu. India
		Compative development of Phy. Edu. In India
		Discussion
5th	10/02/2024 to 17/02/2024	Role of indian olympic accosition in development
		Role of sports authority of India
		Role of NSNIS in development
		Role of YMCA
		Role of Haryana Sports Policy
6th	19/02/2024 to 26/02/2024	Discussion of National sports Policy
		Last topic continue discuss
		Test
		Assignment
		Assignment
7th	27/02/2024 to 04/03/2024	Meaning and definition of Physical fitness
		Importance of Physical fitness
		Components of Physical fitness
		Principle of Physical fitness
8th	05/03/2024 to 12/03/2024	Discussion
		Factors influancing Physical fitness
		Discussion, continue last topic
		Meaning of Exercise
		Isometric exercise(with practical)

		Isotonic exercise(with practical)
9th	13/03/2024 to 22/03/2024	Isokinetic exercise(with practical)
		Last topic Impliment with exercise
10th	01/04/2024 to 06/04/2024	Ground impliment
		continue
		continue
		test unit-2nd
		discussion
		discussion
11th	08/03/2024 to 13/04/2024	Assigment for 3 Chapter
		Assigment
		Assigment
		Assigment
		Discussion
		Discussion
12th	15/04/2024 to 19/04/2024	Meaning of Anatomy and physiology
		human Anatomy and physiology
		Anotomy of human bones
		Types of bones in human body
		Function of bones in human body
13th	20/04/2024 to 24/04/2024	Meaning of joints
		Types of joints
		Discussion
		Discussion of last topic
		types of freeli moveable joints
14th	25/04/2024 to 27/04/2024	Synovial joints movements with practical
		discussion
		discussion
		test
		Assigment
		Assigment
15th	28/04/2024 to 30/04/2024	1st & 2nd chapter test and Assigment
		discussion
		3rd & 4th chapter test and Assigment
		Discussion

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LESSON PLAN

Name of the Assistant/Associate Professor : PANKAJ GOYAT

Class And Section : B.A. 2nd IV sem 2023-24

Subject Lesson Plan : Physical Education

Week	Date	Topic
1st	01/01/2024 to 10/01/2024	Meaning of warming up
		Types of warming up
		Significance of warming up
		General exercise of warming up
		Practical Implication of exercise
		Discussion
2nd	11/01/2024 to 20/01/2024	Meaning of cooling and limbring down
		Types of cooling down
		Significance of cooling down
		Discussion last topic
		Major types of stretching exercise for cooling down
		Discussion last topic
3rd	22/01/2024 to 31/01/2024	Problem Discus
		Method of warming up
		Method of cooling down
		Practical Implication of warming up
		Practical Implication of cooling down
		Practice
4th	01/02/2024 to 09/02/2024	Practice and Discuss
		Practice and Discuss
		Discussion
5th	10/02/2024 to 17/02/2024	Physiological aspects of warming up
		Physiological aspects of cooling down
		Continue last
		Discuss
		Discuss
		Test
6th	19/02/2024 to 29/02/2024	Meaning of Psychology
		Meaning of sports psychology
		Need of sports psychology
		Importance of sports psychology
		Discuss last topic
7th	01/03/2024 to 07/03/2024	Meaning of Learning
		Laws of learning
		learning curve
		Meaning of learning curve
8th	09/03/2024 to 15/03/2024	Contiune last
		Contiune last
		Meaning of plateau
		Cause of Plateau of learing
		Elimination of the Plateau
		Contiune last
9th	16/03/2024 to 22/03/2024	Discuss problem
		Test
10th	01/04/2024 to 06/04/2024	Ancient Oympic Games
		General Discussion
		History of Ancient Olympic Games
		Continue

	08/04/2024 to 13/04/2024	Modern Olympic Awards
		Discussion last topic
		International Olympic Committee
		Olympic motto and flame
12th	15/04/2024 to 20/04/2024	Olympic symbol, Ideal
		Objectives of Modern Olympic
		Olympic Awards
		Rules for competition
13th	22/04/2024 to 25/04/2024	Closing Ceremony of olympic Game
		Continue last and Discuss
		Brief Discussion fo Asian Game
		Sports Included in Assian games
14th	25/04/2024 to 30/04/2024	Objective of Assian games
		Common wealth
		year and place of games
		Continue
		Revision
		Revision
		Assignment work
		Continue

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