

Lesson Plan

Name of the Assistant/ Associate Professor: Dr. Maya Yadav

Class and Section: B.A. II A 4th Semester

Subject: Health & Physical Education (Theory)

Week	Date	Topics	
1	1-Jan-18	Meaning and Importance of Physical Edu.	
	2-Jan-18	-do-	
	3-Jan-18	Group Discussion	
	4-Jan-18	Short Question	
	5-Jan-18	Oral Test	
	6-Jan-18	Test	
	Sunday		
	7-Jan-18		
	8-Jan-18	Aims and Objectives of Physical Edu.	
	9-Jan-18	-do-	
2	10-Jan-18	Group Discussion	
	11-Jan-18	Short Question	
	12-Jan-18	Oral Test	
	13-Jan-18	Test	
	Sunday		
	14-Jan-18		
	15-Jan-18	Relationship of Physical Edu with General Education	
	16-Jan-18	-do-	
	17-Jan-18	-do-	
	18-Jan-18	Group Discussion	
3	19-Jan-18	Short Question	
	20-Jan-18	Test	
	Sunday		
	21-Jan-18		
	22-Jan-18	Vasant Panchami	
	23-Jan-18	Need of Physical Education	
	24-Jan-18	Sir Chhotu Ram Jayanti	
	25-Jan-18	In the modern society	
	26-Jan-18	Republic Day	
	27-Jan-18	Group Discussion	
4	28-Jan-18	Sunday	
	29-Jan-18	Short Question	
	30-Jan-18	Oral Test	
	31-Jan-18	Test	
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Lesson Plan

Name of the Assistant/ Associate Professor: **Dr. Maya Yadav**
 Class and Section: **B.A. 3rd Semester 4th Semester**
 Subject: **Physical Education**

Week	Date	Topics
1	1-Feb-18	Meaning and components of Physical fitness.
	2-Feb-18	Speed, Strength
	3-Feb-18	Endurance, flexibility, Agility
	4-Feb-18	Short Question
	Sunday	Oral Test
2	5-Feb-18	Test
	6-Feb-18	Short Question
	7-Feb-18	Short Question
	8-Feb-18	Short Question
	9-Feb-18	Short Question
3	10-Feb-18	Short Question
	11-Feb-18	Short Question
	12-Feb-18	Short Question
	13-Feb-18	Short Question
	14-Feb-18	Short Question
4	15-Feb-18	Short Question
	16-Feb-18	Short Question
	17-Feb-18	Short Question
	18-Feb-18	Short Question
	19-Feb-18	Short Question
5	20-Feb-18	Short Question
	21-Feb-18	Short Question
	22-Feb-18	Short Question
	23-Feb-18	Short Question
	24-Feb-18	Short Question
5	25-Feb-18	Short Question
	26-Feb-18	Short Question
	27-Feb-18	Short Question
	28-Feb-18	Short Question

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Lesson Plan

Name of the Assistant/ Associate Professor: Dr. Manoj Yadav
 Class and Section: B.A. (Hons) Semester
 Subject: Physical Education

Week	Date	Topics
1	1-Mar-18	Guru Ravidas Birthday
	2-Mar-18	Holi
	3-Mar-18	Meaning and objectives Yogic kriyas
	4-Mar-18	Sunday
	5-Mar-18	Sudhi kriya
2	6-Mar-18	Types of Sudhi kriya
	7-Mar-18	Group discussion
	8-Mar-18	Short question
	9-Mar-18	Oral Test
	10-Mar-18	Test
	11-Mar-18	Sunday
	12-Mar-18	Neti, Dhauti, Group discussion
3	13-Mar-18	Nauli, Basti
	14-Mar-18	discussion
	15-Mar-18	Kapalbhati, Tarakka
	16-Mar-18	discussion
	17-Mar-18	Sunday
	18-Mar-18	Short question
	19-Mar-18	Oral Test
4	20-Mar-18	Test
	21-Mar-18	Physiological values of Sudhi kriyas
	22-Mar-18	Shahedi Divas of Bhagat Singh, Rajguru & Sukhdev
	23-Mar-18	- do -
	24-Mar-18	Sunday/ Ram Navami
5	25-Mar-18	Group discussion
	26-Mar-18	Short question
	27-Mar-18	Test
	28-Mar-18	Mahavir Jayanti
	29-Mar-18	Revision
	30-Mar-18	Test - Unit - III
	31-Mar-18	

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Lesson Plan

Name of the Assistant/ Associate Professor: Dr. Maya Yadav
 Class and Section: BA 4th Semester
 Subject: Physical Education

Week	Date	Topics	
1	1-Apr-18	Sunday	
	2-Apr-18	Meaning of camping	
	3-Apr-18	Types of camping	
	4-Apr-18	- do -	
	5-Apr-18	Group discussion	
	6-Apr-18	Short Question	
	7-Apr-18	Test	
2	8-Apr-18	Sunday	
	9-Apr-18	Educational values of camping	
	10-Apr-18	Short Question	
	11-Apr-18	Oral Test	
	12-Apr-18	Test	
	13-Apr-18	All India Council of Sports (AICS)	
	14-Apr-18	Dr Ambedkar Jayanti / Vaisakhi	
	15-Apr-18	Sunday	
	3	16-Apr-18	International Olympic Committee (IOC)
		17-Apr-18	Short Question
18-Apr-18		Parashurama Jayanti	
19-Apr-18		Young Women Christian Association (YWCA)	
20-Apr-18		Short Question	
21-Apr-18		Group discussion	
22-Apr-18		Sunday	
4	23-Apr-18	Sports Physical Aptitude Test (SPAT)	
	24-Apr-18	Short Question	
	25-Apr-18	Group discussion	
	26-Apr-18	Test	
	27-Apr-18	Revision	
	28-Apr-18	Test Unit - IV	

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