

**Lesson Plan**

Name of the Assistant/ Associate Professor..... Mukesh Kumar

Class and Section:..... B.A-I

Subject:..... Health and Physical Education (Practical)

Week	Date	Topics
1	1-Jan-18	warming up and specific exercise
	2-Jan-18	ground measurement
	3-Jan-18	Rules and regulations
	4-Jan-18	group discussion
	5-Jan-18	Tells about B. Ball, Court, Board
	6-Jan-18	Test
	7-Jan-18	Sunday
2	8-Jan-18	Skills - dribble
	9-Jan-18	practice of dribble (right hand and left hand)
	10-Jan-18	stancing practice of dribble, turning dribble
	11-Jan-18	Tells about types of goals.
	12-Jan-18	Skill - Holding the wall.
	13-Jan-18	Test
	14-Jan-18	Sunday
3	15-Jan-18	Skill - Passing - chest pass, overhead pass.
	16-Jan-18	practice of chest pass, overhead pass.
	17-Jan-18	group discussion
	18-Jan-18	practice test
	19-Jan-18	Base ball pass, underhand pass, hook pass
	20-Jan-18	Underhand bounce pass, Back pass, Flip pass, volley
	21-Jan-18	Sunday
4	22-Jan-18	Vasant Panchami
	23-Jan-18	- do -
	24-Jan-18	Sir Chhotu Ram Jayanti
	25-Jan-18	- do -
	26-Jan-18	Republic Day
	27-Jan-18	Troop discussion, officials and table
	28-Jan-18	Sunday
5	29-Jan-18	Test
	30-Jan-18	Foot ball - (History) → warming up and exercise
	31-Jan-18	ground measurement

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Week	Date	Topics
1	1-Feb-18	Rules and Regulations
	2-Feb-18	group discussion
	3-Feb-18	short questions
	4-Feb-18	Sunday
	5-Feb-18	Skill - kicking, dribbling, Tackling, practice of kick,
2	6-Feb-18	- practice of kick,
	7-Feb-18	- practice of dribble, Tackling
	8-Feb-18	- group aside discussion
	9-Feb-18	- skill- Tapping the ball, passing
	10-Feb-18	Maharshi Dayanand Saraswati Jayanti
3	11-Feb-18	Sunday
	12-Feb-18	- practice of trapping, passing
	13-Feb-18	Maha Shivratri
	14-Feb-18	Football - fundamentals of game - drib, set pieces kick
	15-Feb-18	Terms - loose ball, throw in, tackle.
4	16-Feb-18	Football - important tournaments,
	17-Feb-18	group discussion
	18-Feb-18	Sunday
	19-Feb-18	Practice test and match
	20-Feb-18	Kabaddi - History, Types of Kabaddi -
5	21-Feb-18	Measurement of the ground, for men and women
	22-Feb-18	Kabaddi playing skills - about Raid, Begana,
	23-Feb-18	practice of side, defence, catching
	24-Feb-18	- group discussion and match practice
	25-Feb-18	Sunday
5	26-Feb-18	TEST, Revision
	27-Feb-18	Rules and Regulations of the match, officials, time
	28-Feb-18	wasting - History, warming up exercises

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Week	Date	Topics
1	1-Mar-18	Guru Ravidas Birthday
	2-Mar-18	Holi
	3-Mar-18	Measurement of the net - Scoring
	4-Mar-18	Sunday
	5-Mar-18	Skill - Comestrandan westmestrandal, Roman, freestyle
2	6-Mar-18	Practice of freestyle
	7-Mar-18	Practice of westmestrand and comestrandal
	8-Mar-18	Group discussion, officials, Table. Time
	9-Mar-18	Test
	10-Mar-18	Discussion - history, measurement of discus
3	11-Mar-18	Sunday
	12-Mar-18	Warm-up and general measurement of discus throw circle + throwing
	13-Mar-18	Skill - Holding, stancing position, throwing
	14-Mar-18	Types of throwing in discus - standing, rotation
	15-Mar-18	Practice of throwing discus
4	16-Mar-18	Rules of discus throw, faults
	17-Mar-18	Group discussion
	18-Mar-18	Sunday
	19-Mar-18	Test (practice test)
	20-Mar-18	Relay Race - St. Hishoy of athletic events.
5	21-Mar-18	Selection of Relay team (unit)
	22-Mar-18	Track rules and regulations.
	23-Mar-18	Shahedi Diwas of Bhagat Singh, Rajguru & Sukhdev
	24-Mar-18	Tells about Baton, (Baton exchange, exchange area)
	25-Mar-18	Sunday/ Ram Navami
5	26-Mar-18	Demonstration of Relay Race.
	27-Mar-18	Officials of the meet
	28-Mar-18	Measurement of Baton
	29-Mar-18	Mahavir Jayanti
	30-Mar-18	Group discussion -
31-Mar-18	Method of Baton exchange - (Nonvisual method, Boreward, visual method)	

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Week	Date	Topics
1	1-Apr-18	Sunday
	2-Apr-18	Practice of Baton exchange and Relay race.
	3-Apr-18	group discussion
	4-Apr-18	Test (practical test)
	5-Apr-18	Triple jump. History of triple jump.
	6-Apr-18	Measurement of jumping area. (Runway, platform, color)
	7-Apr-18	Take off board, Sunday
2	8-Apr-18	
	9-Apr-18	Style of jump - Hop → step → jump → landing
	10-Apr-18	Types of jump → flat style, steep style, modern style
	11-Apr-18	Practice of skill/jumping
	12-Apr-18	group discussion
	13-Apr-18	Test (practical test)
	14-Apr-18	Dr Ambedkar Jayanti / Vaisakhi
3	15-Apr-18	Sunday
	16-Apr-18	
	17-Apr-18	
	18-Apr-18	Parashurama Jayanti
	19-Apr-18	
	20-Apr-18	
	21-Apr-18	
4	22-Apr-18	Sunday
	23-Apr-18	
	24-Apr-18	
	25-Apr-18	
	26-Apr-18	
	27-Apr-18	
	28-Apr-18	