

Lesson Plan

Name of the Assistant/ Associate Professor: Mukesh Kam

Class and Section: B.A. II

Subject: Health and physical Education (Practical)

Week	Date	Topics
1	1-Jan-18	Warming up and specific exercise
	2-Jan-18	Measurement
	3-Jan-18	Rules and regulation
	4-Jan-18	Group discussion
	5-Jan-18	Short questions
	6-Jan-18	Test
	7-Jan-18	Sunday
	8-Jan-18	Officials and Line
	9-Jan-18	Cup and Trophy
	10-Jan-18	Skill, stroke, Service and standing position
2	11-Jan-18	Group discussion short question
	12-Jan-18	Test
	13-Jan-18	Sunday
	14-Jan-18	Korf Ball
	15-Jan-18	Warming up and specific exercise
	16-Jan-18	Measures and
	17-Jan-18	Rules and regulation
	18-Jan-18	Group discussion
	19-Jan-18	Short question
	20-Jan-18	Sunday
3	21-Jan-18	Vasant Panchami
	22-Jan-18	Test
	23-Jan-18	Sir Chhotu Ram Jayanti
	24-Jan-18	Officials and Line
	25-Jan-18	Republic Day
	26-Jan-18	Skill work
	27-Jan-18	Sunday
	28-Jan-18	Passing exercise, Defence practice
	29-Jan-18	Type of snoring
	30-Jan-18	Type of position
31-Jan-18		
4	1-Jan-18	Warming up and specific exercise
	2-Jan-18	Measurement
	3-Jan-18	Rules and regulation
	4-Jan-18	Group discussion
	5-Jan-18	Short questions
	6-Jan-18	Test
	7-Jan-18	Sunday
	8-Jan-18	Officials and Line
	9-Jan-18	Cup and Trophy
	10-Jan-18	Skill, stroke, Service and standing position
5	11-Jan-18	Group discussion short question
	12-Jan-18	Test
	13-Jan-18	Sunday
	14-Jan-18	Korf Ball
	15-Jan-18	Warming up and specific exercise
	16-Jan-18	Measures and
	17-Jan-18	Rules and regulation
	18-Jan-18	Group discussion
	19-Jan-18	Short question
	20-Jan-18	Sunday

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Week	Date	Topics	
1	1-Feb-18	group discussion	
	2-Feb-18	short question	
	3-Feb-18	Test	
	4-Feb-18	Sunday	
	5-Feb-18	weight lifting :-	
2	6-Feb-18	warmup up. specific exercise	
	7-Feb-18	measurement	
	8-Feb-18	rules and regulation	
	9-Feb-18	group discussion	
	10-Feb-18	Maharshi Dayanand Saraswati Jayanti	
	11-Feb-18	Sunday	
	12-Feb-18	short question	
	13-Feb-18	Maha Shivratri	
3	14-Feb-18	Test	
	15-Feb-18	Type of skill - Holding of the bar for two hands clean and jerk.	
	16-Feb-18	Type of skill - Holding of the bar for two hands clean and jerk snatches.	
	17-Feb-18	Two hand clean and jerk	
	18-Feb-18	Sunday	
	19-Feb-18	- do -	
	20-Feb-18	- do -	
	21-Feb-18	group discussion	
4	22-Feb-18	short question	
	23-Feb-18	Test	
	24-Feb-18	Swimming → History of swimming	
	25-Feb-18	Sunday	
	26-Feb-18	measurement of swimming pool	
	27-Feb-18	style of swimming - free style, Breast stroke	
	28-Feb-18	group discussion	
	5	29-Feb-18	group discussion
		30-Feb-18	group discussion
		1-Mar-18	group discussion
2-Mar-18		group discussion	
3-Mar-18		group discussion	
4-Mar-18		group discussion	
5-Mar-18		group discussion	
6-Mar-18		group discussion	
7-Mar-18		group discussion	
8-Mar-18		group discussion	

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Week	Date	Topics
1	1-Mar-18	Guru Ravidas Birthday
	2-Mar-18	Holi
	3-Mar-18	official and tour
	4-Mar-18	Sunday
	5-Mar-18	Types of style - Types of events - Batarey, Personal
2	6-Mar-18	group discussion
	7-Mar-18	Short question, Rules and regulations
	8-Mar-18	Hammes Thras (History)
	9-Mar-18	measurement of Hammes
	10-Mar-18	measurement of Hammes circle and thrasore
	11-Mar-18	Sunday
	12-Mar-18	group discussion
	13-Mar-18	Short question
3	14-Mar-18	Test
	15-Mar-18	Rules and regulations
	16-Mar-18	Skill (gap), starting position, Preliminary
	17-Mar-18	Sunday
	18-Mar-18	Sunday
	19-Mar-18	Short question
	20-Mar-18	Test
	21-Mar-18	High Jump: warming up specific exercise
4	22-Mar-18	measurement of jumping pit
	23-Mar-18	Shaheed Diwas of Bhagat Singh, Rajguru & Sukhdev
	24-Mar-18	Tells about Kunnay - Practicing indicators, Jokegbo
	25-Mar-18	Sunday/ Ram Navami
	26-Mar-18	group discussion
	27-Mar-18	Short question
	28-Mar-18	Test
	29-Mar-18	Mahavir Jayanti
5	30-Mar-18	Skill → styles of long jump - sail style, Hong style, Hick style
	31-Mar-18	Practise of skills

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Week	Date	Topics
1	1-Apr-18	Sunday
	2-Apr-18	Thark - have, live, Meaning
	3-Apr-18	Thark - Measurement
	4-Apr-18	Marking
	5-Apr-18	group discussion
	6-Apr-18	short question
	7-Apr-18	Test
2	8-Apr-18	Sunday
	9-Apr-18	Starting point and finishing point
	10-Apr-18	Tells about stages
	11-Apr-18	Rules of have
	12-Apr-18	group discussion
	13-Apr-18	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	