

**Lesson Plan**

Name of the Assistant/ Associate Professor: Neha Gupta  
 Class and Section: B.A.-II  
 Subject: Health & Physical Edu. (Theory)

Week	Date	Topics
1	1-Jan-18	Track - Need & Importance
	2-Jan-18	Characteristics of Tracks
	3-Jan-18	Group discussion
	4-Jan-18	Short Question
	5-Jan-18	Oral Test
	6-Jan-18	Test
	7-Jan-18	Sunday
	8-Jan-18	Track, Care
2	9-Jan-18	Maintenance of Track
	10-Jan-18	Group discussion
	11-Jan-18	Short Question
	12-Jan-18	Oral Test
	13-Jan-18	Test
	14-Jan-18	Sunday
	15-Jan-18	Conduct of Annual Athletic meet
	16-Jan-18	-do-
3	17-Jan-18	-do-
	18-Jan-18	Group discussion
	19-Jan-18	Short Question
	20-Jan-18	C Test
	21-Jan-18	Sunday
	22-Jan-18	Vasant Panchami
	23-Jan-18	Organization
	24-Jan-18	Sir Chhotu Ram Jayanti
4	25-Jan-18	Conduct of tournament
	26-Jan-18	Republic Day
	27-Jan-18	-do-
	28-Jan-18	Sunday
	29-Jan-18	Group discussion
	30-Jan-18	Short Question
	31-Jan-18	Test
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**Lesson Plan**

Name of the Assistant/ Associate Professor:.....

Class and Section:.....

Subject:.....

Week	Date	Topics
1	1-Feb-18	Meaning, Importance
	2-Feb-18	Scope of Sports Management
	3-Feb-18	Group discussion
	4-Feb-18	Sunday
2	5-Feb-18	Short Question
	6-Feb-18	Oral Test
	7-Feb-18	Test
	8-Feb-18	factor Influencing sports management
	9-Feb-18	-do-
	10-Feb-18	Maharshi Dayanand Saraswati Jayanti
	11-Feb-18	Sunday
	12-Feb-18	Group discussion
3	13-Feb-18	Maha Shivratri
	14-Feb-18	Short Question
	15-Feb-18	Oral Test
	16-Feb-18	Test
	17-Feb-18	Qualification of Physical Education Teacher
	18-Feb-18	Sunday
	19-Feb-18	Qualities of Physical Education Teacher
4	20-Feb-18	Group discussion
	21-Feb-18	Short Question
	22-Feb-18	Oral Test
	23-Feb-18	Test
	24-Feb-18	Duties of an official
	25-Feb-18	Sunday
	26-Feb-18	-do-
	27-Feb-18	Play game
	28-Feb-18	during game
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**Lesson Plan**

Name of the Assistant/ Associate Professor: .....

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Subject: .....

Week	Date	Topics
1	1-Mar-18	Guru Ravidas Birthday
	2-Mar-18	Holi
	3-Mar-18	Post - game
	4-Mar-18	Sunday
	5-Mar-18	Short Question
2	6-Mar-18	Test
	7-Mar-18	Topics - Sports Injuries
	8-Mar-18	Prevention of sports injury
	9-Mar-18	Rehabilitation
	10-Mar-18	Sports injury various factors
3	11-Mar-18	Sunday
	12-Mar-18	causing injury
	13-Mar-18	Short Question
	14-Mar-18	Test
	15-Mar-18	Principles of Prevention of sports injuries
4	16-Mar-18	- do -
	17-Mar-18	Meaning and scope of Rehabilitation
	18-Mar-18	Sunday
	19-Mar-18	Short Question
	20-Mar-18	Test
5	21-Mar-18	facilities available for rehabilitation
	22-Mar-18	- do -
	23-Mar-18	Shaheed Diwas of Bhagat Singh, Rajguru & Sukhdev
	24-Mar-18	Short Question
	25-Mar-18	Sunday/ Ram Navami
5	26-Mar-18	Group discussion
	27-Mar-18	Test
	28-Mar-18	Role of Physical Edu Teacher in Rehabilitation
	29-Mar-18	- do -
	30-Mar-18	Short Question
31-Mar-18	Group discussion	

**Lesson Plan**

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

Class and Section:.....

Subject:.....

Week	Date	Topics	
1	1-Apr-18	Sunday	
	2-Apr-18	Test	
	3-Apr-18	Topic - Professional Preparation	
	4-Apr-18	Meaning of Professional Preparation	
	5-Apr-18	do.	
	6-Apr-18	Short Question	
	7-Apr-18	Test	
	8-Apr-18	Sunday	
	2	9-Apr-18	Definition & Significance of Professional Preparation in Physical Education
		10-Apr-18	do.
11-Apr-18		do.	
12-Apr-18		Group discussion	
13-Apr-18		Short Question	
14-Apr-18		Dr Ambedkar Jayanti / Vaisakhi	
15-Apr-18		Sunday	
3		16-Apr-18	Test
		17-Apr-18	Curriculum Design in Physical Education
		18-Apr-18	Parashurama Jayanti
	19-Apr-18	do.	
	20-Apr-18	Group discussion	
	21-Apr-18	Short Question	
	22-Apr-18	Sunday	
	4	23-Apr-18	Test
		24-Apr-18	Revision -
		25-Apr-18	do.
26-Apr-18		do.	
27-Apr-18		Test - Unit. I & II	
28-Apr-18		Test - Unit. III & IV	