

**KUMARI VIDYAVATI ANAND D.A.V. COLLEGE FOR WOMEN,
KARNAL**

**Lesson Plan for the Even Semester
(January to May, 2026)**

Name of the Teacher – Dr Suman

Class – B.A 2nd Semester

Subject – Health and Physical Education

Paper – Basic Anatomy and Physiology

3rd Week 12 Jan – 17 Jan	Introduction of anatomy and physiology. Meaning and definition of anatomy and physiology.
18 Jan, 2026	Sunday
4th Week 19 Jan – 24 Jan	Importance of anatomy and physiology in physical education and Sports. Cell: Structure and properties, Functions of cell
23 Jan, 2026 25 Jan, 2026 26 Jan, 2026	Sir Chottu Ram Jayanti/ Basant Panchmi Sunday Republic Day
5th Week 27 Jan – 31 Jan	Meaning of cell, tissues, organs and system Meaning of Bone. Types of bone. Structure of skeletal system

February, 2026 1st Week 1 Feb, 2026	Guru Ravidas Jayanti , Sunday
2 Feb – 7 Feb	Functions of skeletal system. Axial and perpendicular skeleton. Bones of the body
8 Feb, 2026	Sunday
2nd Week 9 Feb - 14 Feb	Meaning of joints. Types of joints. Bones of the body
15 Feb, 2026	Maha Shivratri , Sunday
3rd Week 16 Feb - 21 Feb	Synovial joints, Types of synovial joints present in human body. Bones of the body.
22 Feb, 2026	Sunday
4th Week 23 Feb - 28 Feb	Meaning of muscles.

March, 2026 1st Week 1 March – 8 March	Holi Break
2nd Week 9 March – 14 March	Types of muscles present in human body. Identification of major muscles in the body.
15 March, 2026	Sunday
3rd Week 16 March – 20 March	Gross structure of skeletal muscle. Structural classification of skeletal muscles. Identification of major muscles in the body.
21 March, 2026 22 March, 2026 23 March, 2026	Id-ul-Fitr Sunday Shaheedi Diwas / Martyrdom day of Bhagat Singh/Rajguru & Sukhdev
4th Week 24 March – 28 March	Introduction of circulatory system. Constituents of blood. Functions of blood. Identification and names and location of different organs and systems.
26 March, 2026 29 March, 2026	Ram Navmi Sunday
5th Week 30 March	Structured of heart. Types of blood circulation systematic pulmonary and coronary
31 March, 2026	Mahavir Jayanti

April, 2026 1st Week 1 April – 4 April	Organs of digestive system. Structure and function of digestive system. Process of food absorption, name and functions of various digestive juices and enzymes
5 April, 2026	Sunday
2nd Week 6 April - 11 April	Sessional Exams
12 April, 2026	Sunday
3rd Week 13 April - 18 April	Introduction of respiratory system. Organs of respiratory system. Functions of respiratory system
14 April, 2026 19 April, 2026	Dr. B.R.Ambedkar Jayanti/Vaisakhi Parshuram Jayanti /Akshay Tirtiya , Sunday
4th Week 20 April - 25 April	Structure of respiratory system. Exchange of gases in the lungs and tissues. Organs of excretory system kidney and skin.
26 April, 2026	Sunday
5th Week 27 April - 30 April	Parts and functions of urinary system. Structure and functions of skin.

May, 2026 1st Week 1 May – 2 May 2026	Revision of Unit 1 and 2
3 May, 2026	Sunday
2nd Week 4 May- 5 May	Revision of Unit 3 and 4
6 May, 2026 Onwards	University Examinations

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**Lesson Plan for the Even Semester
(January to May, 2026)**

Name of the Teacher – Dr Suman

Class – B.A 4th Semester

Subject – Health and Physical Education

Paper – Basic Physical Fitness

3rd Week 12 Jan – 17 Jan	Introduction to Physical fitness. Benefits of Physical fitness in sports and daily life. Meaning and types of aerobic activities Meaning and types of anaerobic activities
18 Jan, 2026	Sunday
4th Week 19 Jan – 24 Jan	Exercises and heart rate zones for intensities of aerobic activities and anaerobic activities WHO guidelines and recommendations of physical activities for children under 5 years of age, Children and adolescents aged 5 to 17 years and adults aged 18 to 64 years
23 Jan, 2026 25 Jan, 2026 26 Jan, 2026	Sir Chottu Ram Jayanti/ Basant Panchmi Sunday Republic Day
5th Week 27 Jan – 31 Jan	Meaning and definition of warming up Principles of warming up Measuring hand Grip and leg and back strength by dynamometer

February, 2026 1st Week 1 Feb, 2026	Guru Ravidas Jayanti , Sunday
2 Feb – 7 Feb	Physiological benefits of warming up. Psychological benefits of warming up Types of warming up
8 Feb, 2026	Sunday
2nd Week 9 Feb - 14 Feb	Methods of warming up. Measuring flexibility by sit and reach test. Meaning and definition of cooling down
15 Feb, 2026	Maha Shivratri , Sunday
3rd Week 16 Feb - 21 Feb	Hand eye coordination test.
22 Feb, 2026	Sunday
4th Week 23 Feb - 28 Feb	Principles of cooling down. Physiological benefits of cooling down. Psychological benefits of cooling down.

March, 2026 1st Week 1 March – 8 March	Holi Break
2nd Week 9 March – 14 March	Procedures of cooling down. Types of cooling down
15 March, 2026	Sunday
3rd Week 16 March – 20 March	Meaning of health related components of physical fitness. Measuring agility by LUS agility obstacle course
21 March, 2026 22 March, 2026 23 March, 2026	Id-ul-Fitr Sunday Shaheedi Diwas / Martyrdom day of Bhagat Singh/Rajguru & Sukhdev
4th Week 24 March – 28 March	Cardiovascular fitness. Muscular strength.
26 March, 2026 29 March, 2026	Ram Navmi Sunday
5th Week 30 March	Muscular endurance. Body composition.
31 March, 2026	Mahavir Jayanti

April, 2026 1st Week 1 April – 4 April	Flexibility. Meaning of skill related fitness components
5 April, 2026	Sunday
2nd Week 6 April - 11 April	Sessional Exams
12 April, 2026	Sunday
3rd Week 13 April - 18 April	Agility. Balance.
14 April, 2026 19 April, 2026	Dr. B.R.Ambedkar Jayanti/Vaisakhi Parshuram Jayanti /Akshay Tirtiya , Sunday
4th Week 20 April - 25 April	Neuromuscular, adaptations and cognitive abilities
26 April, 2026	Sunday
5th Week 27 April - 30 April	Speed. Strength. Reaction time.

May, 2026 1st Week 1 May – 2 May 2026	Revision of Unit 1 and 2
3 May, 2026	Sunday
2nd Week 4 May- 5 May	Revision of Unit 3 and 4
6 May, 2026 Onwards	University Examinations

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Lesson Plan for the Even Semester

(January to May, 2026)

Name of the Teacher – Dr Suman

Class – BA 6th Semester

Subject – Health and Physical Education.

Paper – Organisation and Administration

3rd Week 12 Jan – 17 Jan	Introduction to organization and administration The meaning of organization and administration Definition of organization and administration
18 Jan, 2026	Sunday
4th Week 19 Jan – 24 Jan	Importance of organization and administration in sports Principles of organization and administration in sports Functions of organization and administration
23 Jan, 2026 25 Jan, 2026 26 Jan, 2026	Sir Chottu Ram Jayanti/ Basant Panchmi Sunday Republic Day
5th Week 27 Jan – 31 Jan	Characteristics of organization and administration Methods of issuing and return of sports equipment's

February, 2026 1st Week 1 Feb, 2026	Guru Ravidas Jayanti , Sunday
2 Feb – 7 Feb	Meaning of sports equipment and facilities Importance of sports equipment and facilities Methods of issuing and return of sports equipment
8 Feb, 2026	Sunday
2nd Week 9 Feb - 14 Feb	Classification of sports equipment's Care and maintenance of different types of sports equipment's and facilities
15 Feb, 2026	Maha Shivratri , Sunday
3rd Week 16 Feb - 21 Feb	Care and maintenance of different types of sports equipment's and facilities Need of sports equipment and facilities Methods of care and maintenance of sports equipment's and facilities
22 Feb, 2026	Sunday
4th Week 23 Feb - 28 Feb	Need of sports equipment and facilities Introduction to tournaments Meaning of tournaments

March, 2026 1st Week 1 March – 8 March	Holi Break
2nd Week 9 March – 14 March	Importance of tournaments Types of tournaments Methods of care and maintenance of sports equipment's and facilities
15 March, 2026	Sunday
3rd Week 16 March – 20 March	Types of tournaments Types of league tournaments Methods of storing various type of sports equipment's
21 March, 2026 22 March, 2026 23 March, 2026	Id-ul-Fitr Sunday Shaheedi Diwas / Martyrdom day of Bhagat Singh/Rajguru & Sukhdev
4th Week 24 March – 28 March	Byes :Criteria for giving byes Fixtures of knockout tournaments Methods of storing various types of sports equipment's
26 March, 2026 29 March, 2026	Ram Navmi Sunday
5th Week 30 March	Fixtures on league tournament basis Cyclic method Staircase method Tabular method
31 March, 2026	Mahavir Jayanti

April, 2026 1st Week 1 April – 4 April	Methods of deciding winner in league tournament Introduction to budget planning
5 April, 2026	Sunday
2nd Week 6 April - 11 April	Sessional Exams
12 April, 2026	Sunday
3rd Week 13 April - 18 April	Meaning and relevance of budget in physical education and sports Criteria for good budget planning
14 April, 2026 19 April, 2026	Dr. B.R.Ambedkar Jayanti/Vaisakhi Parshuram Jayanti /Akshay Tirtiya , Sunday
4th Week 20 April - 25 April	Preparation of budget planning Format of making budget of an institution.
26 April, 2026	Sunday
5th Week 27 April - 30 April	Revision of unit 1 and 2

May, 2026 1st Week 1 May – 2 May 2026	Revision of unit 3
3 May, 2026	Sunday
2nd Week 4 May- 5 May	Revision of unit 4
6 May, 2026 Onwards	University Examinations