

KVA DAV College for Women, Karnal

Lesson Plan

Session 2020-21 (02.11.2020 to 20.02.2021)

Name of Teacher Dr. Suman

Subject : Health & Physical Education

Week	Date	Class B.A. Ist Year	Class B.A. IInd Year	Class B.A. IIIrd Year
		Semester 1st Sem	Semester IIIrd Sem	Semester Vth Sem
Week 1	02.11.2020	Orientation	Introduction of Syllabus	(P) Introduction of Pranayam
	03.11.2020	Introduction to Phy. Edu.	Concept of Safety Edu.	(P) Introduction of Pranayam
	04.11.2020	Karva Chauth		
	05.11.2020	Meaning of Phy. Edu.	Meaning of Safety Edu.	Introduction of Syllabus
	06.11.2020	(P) Introduction of Athletics	(P) Introduction of Athletics	Concept of Growth & Development
	07.11.2020	(P) Introduction of Athletics	(P) Introduction of Athletics	Meaning of Growth & Development
Week 2	09.11.2020	Definition of Phy. Edu.	Need of Safety Edu.	(P) Bhramari Pranayam
	10.11.2020	Scope of Phy. Edu.	Importance of Safety Edu.	(P) Bhramari Pranayam
	11.11.2020	Scope of Phy. Edu.	Importance of Safety Edu.	Definition of Growth & Development
	12.11.2020	Relationship of Phy. Edu. With Gen. Edu.	Sports Injuries	Stages of Growth & Development
	13.11.2020	(P) History of Athletics	(P) History of Athletics	Stages of Growth & Development
	14.11.2020	Diwali		
Week 3	16.11.2020	Aim, Objectives and Importance of Phy. Edu.	Types of Sports Injuries	(P) Anulom - Vilom
	17.11.2020	Aim, Objectives and Importance of Phy. Edu.	Types of Sports Injuries	Anulom - Vilom
	18.11.2020	Aim, Objectives and Importance of Phy. Edu.	Causes of Sports Injuries	Principles of Growth Development
	19.11.2020	Aim, Objectives and Importance of Phy. Edu.	Principles of Prevention of Sports Injuries	Principles of Growth Development
	20.11.2020	(P) Track	(P) History of Athletics	Factors Influencing G&D
	21.11.2020	(P) Types of Track	(P) History of Athletics	Factors Influencing G&D
Week 4	23.11.2020	Misconception Regarding Phy.Edu.	Treatment of Sports Injuries	(P) Practice
	24.11.2020	Guru Teg Bahadur Shaheedi Diwas (RH)		
	25.11.2020	Misconception regarding Phy. Edu.	Gen Treatment of Sports Injuries	Factors Influencing G&D
	26.11.2020	Revision Work	Revision Work	Age & Sex Difference in relation of Phy. Edu. & Sports
	27.11.2020	(P) Track & Field Event	(P) Introduction of Discus Throw	Age & Sex Difference in relation of Phy. Edu. & Sports
	28.11.2020	(P) Track & Field Event	(P) Introduction of Discus Throw	Group Discussion
	30.11.2020	Guru Nanak Dev Jayanti		
Week 1	01.12.2020	Unit Test	Concept of Common Diseases	(P) Revision

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	02.12.2020	Meaning of Health	Meaning of communicable diseases	Revision Work	
	03.12.2020	Definition of Health	Meaning of non-communicable Diseases	Group Discussion Unit - I	
	04.12.2020	(P) Starts	(P) Specifications of discus throw	Unit - I (Test) Oral.	
	05.12.2020	(P) Types of Starts	(P) Specifications of discus throw	Concept of Posture	
Week 2	07.12.2020	Importance of Health	Mode of Transmission of communicable diseases.	(P) Kapal Bhati	
	08.12.2020	Importance of Health	Prevention & Control of communicable diseases	(P) Kapal Bhati	
	09.12.2020	Factors Influencing Health	Common Diseases Typhoid	Meaning of Posture	
	10.12.2020	Factors Influencing Health	Malaria, Influenza	Importance of Good Posture	
	11.12.2020	(P) Basic tech. of Crouch start	(P) Gen. Rules of Discus throw	Causes of Poor Posture	
	12.12.2020	(P) Basic tech. of Crouch start	(P) Gen. Rules of Discus throw	Sessional Test	
Week 3	14.12.2020	Factors Influencing Health	Dengue	(P) Introduction Volleyball	
	15.12.2020	Sessional Test	Hepatitis	(P) History of Volleyball	
	16.12.2020	Meaning of Personal Hygiene	HIV/AIDS	Symptoms and causes of postural deformities	
	17.12.2020	Importance of Personal Hygiene	Sessional Test	Kyphosis	
	18.12.2020	(P) Basic Technique of Standing Start	(P) Discussion on Gen Rules of Discus throw	Lordosis	
	19.12.2020	(P) Basic Technique of Standing Start	(P) Revision	Scoliosis	
Week 4	21.12.2020	Hygiene of Various Body Parts	Allergy related disease Asthma	(P) Measurement of Volleyball Court	
	22.12.2020	Factor Influencing Personal Hygiene	Allergy related disease Asthma	(P) Measurement of Volleyball Court	
	23.12.2020	Factor Influencing Personal Hygiene	Sinuses	Flat Foot & Knock-Knee	
	24.12.2020	Revision Work	Sinuses	Blow legs & Round Shoulders	
	25.12.2020	Christmas			
	26.12.2020	(P) Revision	(P) Gen Skills of Discus throw	Revision Work	
Week 5	28.12.2020	Unit Test - II	Revision Work	(P) Gen. Rules of volleyball	
	29.12.2020	Introduction to Human Anatomy and Physiology	Anatomy and Physiology of Circulatory System	(P) Gen. Rules of volleyball	
	30.12.2020	Introduction to Human Anatomy and Physiology	Anatomy and Physiology of Circulatory System	Unit Test	
	31.12.2020	Meaning of Human Anatomy	Structure of Heart	Concept of sports organization and administration	
	01.01.2021	(P) Introduction of Shotput	(P) Gen. Skills of Discus Throw	Meaning of organization & Administration	
	02.01.2021	(P) History of Shotput	(P) Gen Skills of Discus throw	Importance of organization & Ad. In Phy. Edu. & Sports	
Week 1	04.01.2021	Meaning of Physiology	Structure of Heart	(P) Gen. Rules of volleyball	

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	05.01.2021	Importance of Human Anatomy & Physiology in Phy.	Function of Heart	(P) Gen. Rules of volleyball
	06.01.2021	Importance of Human Anatomy & Physiology in Phy.	Types of Circulation	Importance of Organization & Administration
	07.01.2021	Importance of Human Anatomy & Physiology in Phy.	Types of Circulation	Importance of Organization & Administration
	08.01.2021	(P) Measurement of Shotput circle	(P) Introduction of Long Jump	Principles of Sports Organization and Administration.
	09.01.2021	(P) Measurement of Shotput circle	(P) Introduction of Long Jump	Principles of Sports Organization and Administration.
Week 2	11.01.2021	Definition of Cell, Tissue	Effect of Exercise on Circulatory System	(P) Introduction of Hockey
	12.01.2021	Definitions of organs & system	Effect of Exercise on Circulatory System	(P) Introduction of Hockey
	13.01.2021	Structure of cell	Revision Work	Intramural & Extramural
	14.01.2021	Structure of cell	Practice of Heart Diagram	Intramural & Extramural
	15.01.2021	(P) Basic technique of shotput	(P) Ground Specifications of Long Jump	Intramural & Extramural
	16.01.2021	(P) Basic technique of shotput	(P) Ground Specifications of Long Jump	Importance of Tournament
Week 3	18.01.2021	Characteristics of cell	Unit Test - 4	(P) History of Hockey
	19.01.2021	Characteristics of Cell	Meaning & Importance of Balance Diet	(P) History of Hockey
	20.01.2021	Guru Gobind Singh Jayanti		
	21.01.2021	Revision Work	Components of Balance Diet	Types of tournaments
	22.01.2021	(P) Gen Rules of Shotput	(P) Gen. Rules of Long Jump	Types of tournaments
	23.01.2021	(P) Gen Rules of Shotput	(P) Gen. Rules of Long Jump	Types of tournaments
Week 4	25.01.2021	Unit Test - IV	Components of Balance Diet	(P) Gen. Rules of Hockey
	26.01.2021	Republic Day		
	27.01.2021	Concept & Meaning of Yoga	Components of Balance Diet	Method of Preparing Fixture
	28.01.2021	Historical Development of Yoga	Components of Balance Diet	Method of Preparing Fixture
	29.01.2021	(P) Discussion On Shotput	(P) Gen. Rules of Long Jump	Method of Preparing Fixture
	30.01.2021	(P) Oral Test	(P) Revision	Anatomy and Physiology of Muscles.
Week 1	01.02.2021	Types of Yoga	Revision Work	(P) Gen. Rule of Hockey
	02.02.2021	Types of Yoga	Factors Affecting Balance Diet	(P) Gen. Rule of Hockey
	03.02.2021	Importance of Yoga	Factors Affecting Balance Diet	Gross Anatomy of Muscle
	04.02.2021	Importance of Yoga	Factors Affecting Balance Diet	Gross Anatomy of Muscle
	05.02.2021	(P) Practice Shotput Diagram	(P) Practice of Diagram of Long Jump	Types of Muscles in Human Body
	06.02.2021	(P) Practice of Diagram of Track	(P) Practice of Diagram of Long Jump	Effect of Exercise on Muscular System

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Week 2	08.02.2021	Meaning & Types of Pranayama	Harmful Effects of Junk Food	(P) Measurement of Hockey Ground
	09.02.2021	Anulom-Vilom	Harmful Effects of Junk Food	(P) Measurement of Hockey Ground
	10.02.2021	Bhastrika & Sheetali Pranayama	Revision Work	Composition of Human Blood
	11.02.2021	Sheetkari & Ujjayi Pranayama	Unit Test - 3	Composition of Human Blood
	12.02.2021	(P) Name of Human Bones	(P) Gen. Discussion on Throwing Event	Functions of Blood
	13.02.2021	(P) Name of Human Bones	(P) Gen. Discussion on Jumping Event	Revision Work
Week 3	15.02.2021	Revsion Work	Revision Work	(P) Revision Work
	16.02.2021	Basant Panchmi		
	17.02.2021	Revision of Syllabus	Revision Work	Revision of Syllabus
	18.02.2021	Test	Test	Revision of Syllabus
	19.02.2021	(P) Revision Work	(P) Revision Work	Revision of Syllabus
	20.02.2021	(P) Revision Work	(P) Revision Work	Test