

KVA DAV College for Women, Karnal

Lesson plan for the odd semester

(October, 2021 to February, 2022)

Name of the Teacher – Dr. Suman

Subject- Health & Physical Education

Class- B.A. 1st Sem

October, 2021 2 nd Week 11 Oct-16 Oct	Introduction to Phy. Edu., Meaning of Phy. Edu. ,(P) Introduction of Athletics
15 Oct, 2021 17 Oct, 2021	(Dussehra) Sunday
3 th Week 18 Oct-23 Oct	Definition of Phy. Edu., Scope of Phy. Edu., Scope of Phy. Edu., Relationship of Phy. Edu. With Gen. Edu., (P) History of Athletics
20 Oct, 2021 24 Oct, 2021	Maharishi Valmiki Jayanti Sunday
4 th Week 25 Oct-30 Oc	Aim, Objectives and Importance of Phy. Edu., Aim, Objectives and Importance of Phy. Edu., (P) Track, (P) Types of Track
31 Oct, 2021	Sunday
November, 2021 1 st Week 1 Nov-7 Nov	(Haryana Day) Diwali Holidays
2nd Week 8 Nov-13 Nov	Misconception Regarding Phy.Edu., Revision Work, (P) Track & Field Event
14 Nov, 2021	Sunday
3 rd Week 15 Nov-20 No	Meaning of Health, Definition of Health, (P) Starts, (P) Types of Starts,
21 Nov, 2021	Sunday
4 th Week 22 Nov-27	Importance of Health, Factors Inleuncing Health, (P) Basic tech. of Crouch start
28 Nov, 2021	Sunday
Dec, 2021 1 st Week 29 Nov-04 Dec	Factors Inleuncing Health, Meaning of Personal Hygiene, (P) Basic Technique of Standing Start
05 Dec, 2021	Sunday
2 nd Week 06 Dec -11 Dec	Hygiene of Various Body Parts, Factor Influencing Personal Hygiene, Revision Work
12 Dec,2021	Sunday
3 rd week 13 Dec -18 De	Introduction to Human Anatomy and Physiology, Meaning of Human Anatomy, (P) Introduction of Shotput, (P) History of Shotput
19 Dec,2021	Sunday
4 th Week 20 Dec-24 Dec	Meaning of Physiology, Importance of Human Anatomy & Physiology in Phy. Edu. Importance of Human Anatomy & Physiology in Phy. Edu., (P) Measurement of Shotput circle
25 Dec,2021 26 Dec,2021	Christmas Sunday
5 th Week 27 Dec -01 Jan	Definition of Cell, Tissue,Definitions of organs & system,Structure of cell,Structure of cell,(P) Basic technique of shotput, (P) Basic technique of shotput
2 Jan ,2022	Sunday

KVA DAV College for Women, Karnal

Lesson plan for the odd semester (October, 2021 to February, 2022)

Name of the Teacher – Dr. Suman

Subject- Health & Physical Education

Class- B.A. 1st Sem

Jan ,2022 1 st week 3 Jan – 8 Jan	Characteristics of cell, (P) Gen Rules of Shotput,revision
9 Jan ,2022	Sunday (Sh. Guru Gobind Singh's Birthday)
2 nd week 10 Jan – 15 Jan	Concept & Meaning of Yoga Historical Development of Yoga (P) Discussion On Shotput
16 Jan ,2022	Sunday
3 rd week 17 Jan – 22 Jan	Types of Yoga,Importance of Yoga,(P) Practice Shotput Diagram (P) Practice of Diagram of Track
23 Jan ,2022	Sunday
4 th Week 24 Jan – 29 Jan	Meaning & Types of Pranayama,Anulom-Vilom,Bhastrika
26 Jan, 2022	Republic Day
30 Jan ,2022	Sunday
Feb, 2021 1 st week 1 Feb-4 Feb	Sheetali Pranayama Sheetkari & Ujjayi Pranayama (P) Identification of Human Bones
5 Feb, 2022	Vasant Panchmi
6 Feb ,2022	Sunday
2 nd week 7 Feb- 12 Feb	Revision of 1st &2nd Unit, (P)
13 Feb ,2022	Sunday
3 rd week 14 Feb- 19 Feb	Revision of 3rd &4th Unit, (P)

KVA DAV College for Women, Karnal

Lesson plan for the odd semester

(October, 2021 to February, 2022)

Name of the Teacher – Dr. Suman

Subject- Health & Physical Education

Class- B.A. 3rd Sem

October, 2021 2 nd Week 11 Oct-16 Oct	Introduction of Syllabus, Concept of Safety Edu. Meaning of Safety Edu. (P) Introduction of Athletics
15 Oct, 2021 17 Oct, 2021	(Dussehra) Sunday
3 th Week 18 Oct-23 Oct	Need of Safety Edu., Importance of Safety Edu., Sports Injuries, (P) History of Athletics
20 Oct, 2021 24 Oct, 2021	Maharishi Valmiki Jayanti Sunday
4 th Week 25 Oct-30 Oc	Types of Sports Injuries, Causes of Sports Injuries, Principles of Prevention of Sports Injuries, (P) History of Athletics
31 Oct, 2021	Sunday
November, 2021 1 st Week 1 Nov-7 Nov	(Haryana Day) Diwali Holidays
2 nd Week 8 Nov-13 Nov	Gen Treatment of Sports Injuries, Revision Work, (P) Introduction of Discus Throw
14 Nov, 2021	Sunday
3 rd Week 15 Nov-20 No	Concept of Common Diseases Meaning of communicable diseases Meaning of non-communicable Diseases (P) Specifications of discus throw
21 Nov, 2021	Sunday
4 th Week 22 Nov-27	Mode of Transmission of communicable diseases. Prevention & Control of communicable diseases Common Diseases Typhoid Malaria, Influenza (P) Gen. Rules of Discus throw
28 Nov, 2021	Sunday
Dec, 2021 1 st Week 29 Nov-04 Dec	Dengue, Hepatitis, HIV/AIDS, (P) Discussion on Gen Rules of Discus throw (P) Revision
05 Dec, 2021	Sunday
2 nd Week 06 Dec -11 Dec	Allergy related disease Asthma, Sinuses, (P) Gen Skills of Discus throw
12 Dec, 2021	Sunday
3 rd week 13 Dec -18 De	Anatomy and Physiology of Circulatory System, Structure of Heart (P) Gen. Skills of Discus Throw
19 Dec, 2021	Sunday
4 th Week 20 Dec-24 Dec	Structure of Heart, Function of Heart. Types of Circulation, (P) Introduction of Long Jump
25 Dec, 2021 26 Dec, 2021	Christmas Sunday
5 th Week 27 Dec -01 Jan	Effect of Exercise on Circulatory System, Revision Work, Practice of Heart Diagram (P) Ground Specifications of Long Jump
2 Jan, 2022	Sunday

KVA DAV College for Women, Karnal

Lesson plan for the odd semester (October, 2021 to February, 2022)

Name of the Teacher – Dr. Suman

Subject- Health & Physical Education

Class- B.A. 3rd Sem

Jan ,2022 1 st week 3 Jan – 8 Jan	Meaning & Importance of Balance Diet, Components of Balance Diet (P) Gen. Rules of Long Jump
9 Jan ,2022	Sunday (Sh. Guru Gobind Singh's Birthday)
2 nd week 10 Jan – 15 Jan	Revision Work, Factors Affecting Balance Diet.(P) Practice of Diagram of Long Jump
16 Jan ,2022	Sunday
3 rd week 17 Jan – 22 Jan	Harmful Effects of Junk Food,Revision ,Test of Unit-3
23 Jan ,2022	Sunday
4 th Week 24 Jan – 29 Jan	(P) Gen. Discussion on Throwing Event
26 Jan, 2022 30 Jan ,2022	Republic Day Sunday
Feb, 2021 1 st week 1 Feb-4 Feb	(P) Gen. Discussion on Jumping Event
5 Feb, 2022 6 Feb ,2022	Vasant Panchmi Sunday
2 nd week 7 Feb- 12 Feb	Revision of 1 st &2 nd Unit, (P)
13 Feb ,2022	Sunday
3 rd week 14 Feb- 19 Feb	Revision of 3 rd &4 th Unit, (P)

KVA DAV College for Women, Karnal

Lesson plan for the odd semester

(October, 2021 to February, 2022)

Name of the Teacher – Dr. Suman

Subject- Health & Physical Education

Class- B.A. 5th Sem

October, 2021 2 nd Week 11 Oct-16 Oct	(P) Introduction of Pranayam, Introduction of Syllabus, Concept of Growth & Development, Meaning of Growth & Development
15 Oct, 2021 17 Oct, 2021	(Dussehra) Sunday
3 th Week 18 Oct-23 Oct	P) Bhramari Pranayam, Definition of Growth & Development, Stages of Growth & Development
20 Oct, 2021 24 Oct, 2021	Maharishi Valmiki Jayanti Sunday
4 th Week 25 Oct-30 Oc	(P) Anulom - Vilom, Anulom – Vilom, Principles of Growth Development, Factors Influencing G&D, (P) Practice
31 Oct, 2021	Sunday
November, 2021 1 st Week 1 Nov-7 Nov	(Haryana Day) Diwali Holidays
2 nd Week 8 Nov-13 Nov	Factors Influencing G&D, Age & Sex Difference in relation of Phy. Edu. & Sports, Group Discussion
14 Nov, 2021	Sunday
3 rd Week 15 Nov-20 No	(P) Revision, Revision Work, Group Discussion Unit – I,, Concept of Posture
21 Nov, 2021	Sunday
4 th Week 22 Nov-27	(P) Kapal Bhati , Meaning of Posture, .Importance of Good Posture, Causes of Poor Posture
28 Nov, 2021	Sunday
Dec, 2021 1 st Week 29 Nov-04 Dec	(P) Introduction Volleyball, (P) History of Volleyball, Symptoms and causes of postural deformities, Kyphosis, Lordosis, Scoliosis
05 Dec, 2021	Sunday
2 nd Week 06 Dec -11 Dec	(P) Measurement of Volleyball Court, Flat Foot & Knock-Knee, Blow legs & Round Shoulders
12 Dec, 2021	Sunday
3 rd week 13 Dec -18 De	(P) Gen. Rules of volleyball, Concept of sports organization and administration, Meaning of organization & Administration, Importance of organization & Ad. In Phy. Edu. & Sports
19 Dec, 2021	Sunday
4 th Week 20 Dec-24 Dec	(P) Gen. Rules of volleyball, Importance of Organization & Administration, Principles of Sports Organization and Administration.
25 Dec, 2021 26 Dec, 2021	Christmas Sunday
5 th Week 27 Dec -01 Jan	(P) Introduction of Hockey, Intramural & Extramural, Importance of Tournament
2 Jan ,2022	Sunday

KVA DAV College for Women, Karnal

Lesson plan for the odd semester (October, 2021 to February, 2022)

Name of the Teacher – Dr. Suman

Subject- Health & Physical Education

Class- B.A. 5th Sem

Jan ,2022 1 st week 3 Jan – 8 Jan	(P) History of Hockey, Types of tournaments
9 Jan ,2022	Sunday (Sh. Guru Gobind Singh's Birthday)
2 nd week 10 Jan – 15 Jan	(P) Gen. Rules of Hockey, Method of Preparing Fixture, Anatomy and Physiology of Muscles.
16 Jan ,2022	Sunday
3 rd week 17 Jan – 22 Jan	(P) Gen. Rule of Hockey, Gross Anatomy of Muscle, Types of Muscles in Human Body, Effect of Exercise on Muscular System
23 Jan ,2022	Sunday
4 th Week 24 Jan – 29 Jan	(P) Measurement of Hockey Ground , Composition of Human Blood, Functions of Blood, Revision Work
26 Jan, 2022	Republic Day
30 Jan ,2022	Sunday
Feb, 2021 1 st week 1 Feb-4 Feb	Revision of Syllabus and Test
5 Feb, 2022	Vasant Panchmi
6 Feb ,2022	Sunday
2 nd week 7 Feb- 12 Feb	Revision of 1 st &2 nd Unit, (P)
13 Feb ,2022	Sunday
3 rd week 14 Feb- 19 Feb	Revision of 3 rd &4 th Unit, (P)