

KVA DAV College for Women, Karnal

Lesson Plan for the Odd Semester (September to December, 2022)

Name of the Teacher – Dr. Suman

Class- B.A. Ist Semester

Subject- Health and Physical Education

Paper-

September, 2022 1 st Week 1 Sept-3 Sept	Introduction to Phy. Edu., Meaning of Phy. Edu.
4 Sept, 2022	Sunday
2 nd Week 5 Sept- 10 Sept	(P) Introduction of Athletics, Definition of Phy. Edu., Scope of Phy. Edu., Relationship of Phy. Edu. With Gen. Edu.
11 Sept, 2022	Sunday
3 rd Week 12 Sept-17 Sept	(P) History of Athletics Aim, Objectives and Importance of Phy. Edu., (P) Track,(P) Types of Track, Misconception Regarding Phy.Edu.
18 Sept, 2022	Sunday
4 th Week 19 Sept-24 Sept	Revision Work (P) Track & Field Event, (P) Track & Field Event Meaning of Health, Definition of Health,
23 Sept,2022 25 Sept, 2022 26 Sept, 2022	Shaheedi Divas/ Haryana War Heroes' Martyrdom Day Sunday Maharana Agrasen Jayanti
5 th Week 27 Sept - 29 Sept	(P) Starts,(P) Types of Starts,Importance of Health,Importance of Health, Factors Influencing Health,(P) Basic tech. of Crouch start
30 Sept, 2022	Talent show

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Subject- Health and Physical Education
Paper-

October, 2022 1 st Week 1 Oct,2022	Talent Show Holiday
2 Oct, 2022	Sunday
1 st Week 3 Oct - 8 Oct	Factors Influencing Health, Meaning of Personal Hygiene, Importance of Personal Hygiene,(P) Basic Technique of Standing Start
5 Oct,2022 9 Oct,2022	Dussehra Sunday
2 nd Week 10 Oct - 15 Oct	Hygiene of Various Body Parts, Factor Influencing Personal Hygiene, Revision Work
13 Oct, 2022 16 Oct,2022	Karwa Chauth Sunday
3 rd Week 17 Oct - 21 Oct	(P) Revision, Introduction to Human Anatomy and Physiology, Introduction to Human Anatomy and Physiology, Meaning of Human Anatomy, (P) Introduction of Shotput,) History of Shotput
22 Oct - 26 Oct	Diwali Break
4 th Week 27 Oct - 31 Oct	Meaning of Physiology, Importance of Human Anatomy & Physiology in Phy. , (P) Measurement of Shotput circle
30 Oct, 2022	Sunday

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Subject- Health and Physical Education
Paper-

November, 2022 1 st Week 1 Nov, 2022	Haryana Day
1 st Week 2 Nov - 5 Nov	Definition of Cell, Tissue, Definitions of organs & system, Structure of cell, (P) Basic technique of shotput, Characteristics of cell
6 Nov, 2022	Sunday
2 nd Week 7 Nov – 12 Nov	Revision Work, (P) Gen Rules of Shotput, Concept & Meaning of Yoga, Historical Development of Yoga
8 Nov,2022 13 Nov, 2022	Sh. Guru Nanak Dev jayanti Sunday
3 rd Week 14 Nov - 19 Nov	(P) Discussion On Shotput, (P) Oral Test, Types of Yoga, Importance of Yoga, (P) Practice Shotput Diagram, (P) Practice of Diagram of Track
20 Nov, 2022	Sunday
4 th Week 21 Nov - 26 Nov	Meaning & Types of Pranayama, Anulom-Vilom, Bhastrika & Sheetal, Sheetkari & Ujjayi Pranayama ,Pranayama, (P) Name of Human Bones, Revision Work
27 Nov, 2022	Sunday
5 th Week 28 Nov – 3 Dec	Sessional Exams
4 Dec, 2022	Sunday
2 nd Week 5 Dec - 10 Dec	Revision of Syllabus,(P) Revision Work
3 rd Week 15 Dec,2022 Onwards	University Examination

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Lesson Plan for the Odd Semester (September to December, 2022)

Name of the Teacher – Dr. Suman
Class- B.A. IIIrd Semester
Subject- Health and Physical Education
Paper-

September, 2022 1st Week 1 Sept-3 Sept	Introduction of Syllabus, Concept of Safety Edu.
4 Sept, 2022	Sunday
2nd Week 5 Sept- 10 Sept	Meaning of Safety Edu., (P) Introduction of Athletics, Need of Safety Edu., Importance of Safety Edu., Sports Injuries
11 Sept, 2022	Sunday
3rd Week 12 Sept-17 Sept	(P) History of Athletics, Types of Sports Injuries, Causes of Sports Injuries, Principles of Prevention of Sports Injuries, (P) History of Athletics
18 Sept, 2022	Sunday
4th Week 19 Sept-24 Sept	Treatment of Sports Injuries, Gen Treatment of Sports Injuries, Revision Work, (P) Introduction of Discus Throw
23 Sept, 2022 25 Sept, 2022 26 Sept, 2022	Shaheedi Divas/ Haryana War Heroes' Martyrdom Day Sunday Maharana Agrasen Jayanti
5th Week 27 Sept - 29 Sept	Concept of Common Diseases, Meaning of communicable diseases, Meaning of non-communicable Diseases,(P) Specifications of discus throw, Mode of Transmission of communicable diseases.
30 Sept, 2022	Talent show

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Name of the Teacher – Dr. Suman
Class- B.A.IIIrd Semester
Subject- Health and Physical Education
Paper-

October, 2022 1 st Week 1 Oct,2022	Talent Show Holiday
2 Oct, 2022	Sunday
1 st Week 3 Oct - 8 Oct	Prevention & Control of communicable diseases, Common Diseases Typhoid, Malaria, Influenza, (P) Gen. Rules of Discus throw, Dengue, Hepatitis
5 Oct,2022 9 Oct,2022	Dussehra Sunday
2 nd Week 10 Oct - 15 Oct	HIV/AIDS, (P) Discussion on Gen Rules of Discus throw, (P) Revision, Allergy related disease Asthma, Sinuses
13 Oct, 2022 16 Oct,2022	Karwa Chauth Sunday
3 rd Week 17 Oct - 21 Oct	(P) Gen Skills of Discus throw, Revision Work, Anatomy and Physiology of Circulatory System, Structure of Heart, (P) Gen. Skills of Discus Throw
22 Oct - 26 Oct	Diwali Break
4 th Week 27 Oct - 31 Oct	Function of Heart, Types of Circulation, (P) Introduction of Long Jump, Effect of Exercise on Circulatory System, Revision Work
30 Oct, 2022	Sunday

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Subject- Health and Physical Education
Paper-

November, 2022 1 st Week 1 Nov, 2022	Haryana Day
1 st Week 2 Nov - 5 Nov	Practice of Heart Diagram, (P) Ground Specifications of Long Jump, Unit Test – 4, Meaning & Importance of Balance Diet
6 Nov, 2022	Sunday
2 nd Week 7 Nov – 12 Nov	Components of Balance Diet, (P) Gen. Rules of Long Jump,
8 Nov,2022 13 Nov, 2022	Sh. Guru Nanak Dev jayanti Sunday
3 rd Week 14 Nov - 19 Nov	Factors Affecting Balance Diet,(P) Practice of Diagram of Long Jump, Harmful Effects of Junk Food, Revision Work
20 Nov, 2022	Sunday
4 th Week 21 Nov - 26 Nov	Unit Test – 3,(P) Gen. Discussion on Throwing Event, Revision Work
27 Nov, 2022	Sunday
5 th Week 28 Nov – 3 Dec	Sessional Exams
4 Dec, 2022	Sunday
2 nd Week 5 Dec - 10 Dec	Revision Work, Test, (P) Revision Work
3 rd Week 15 Dec,2022 Onwards	University Examination

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Lesson Plan for the Odd Semester (September to December, 2022)

Name of the Teacher – Dr. Suman
Class- B.A. Vth Semester
Subject- Health and Physical Education
Paper-

September, 2022 1 st Week 1 Sept-3 Sept	(P) Introduction of Pranayam, Introduction of Syllabus
4 Sept, 2022	Sunday
2 nd Week 5 Sept- 10 Sept	Concept of Growth & Development, (P) Bhramari Pranayam, Definition of Growth & Development, Stages of Growth & Development
11 Sept, 2022	Sunday
3 rd Week 12 Sept-17 Sept	(P) Anulom – Vilom, Anulom – Vilom, Principles of Growth Development, Factors Influencing G&D, (P) Practice
18 Sept, 2022	Sunday
4 th Week 19 Sept-24 Sept	Age & Sex Difference in relation of Phy. Edu. & Sports, Group Discussion
23 Sept,2022 25 Sept, 2022 26 Sept, 2022	Shaheedi Divas/ Haryana War Heroes' Martyrdom Day Sunday Maharana Agrasen Jayanti
5 th Week 27 Sept - 29 Sept	(P) Revision, Revision Work, Group Discussion Unit – I, Unit - I (Test) Oral., Concept of Posture, (P) Kapal Bhati
30 Sept, 2022	Talent show

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Subject- Health and Physical Education
Paper-

October, 2022 1 st Week 1 Oct,2022	Talent Show Holiday
2 Oct, 2022	Sunday
1 st Week 3 Oct - 8 Oct	Meaning of Posture, Importance of Good Posture, Causes of Poor Posture, (P) Introduction Volleyball, (P) History of Volleyball
5 Oct,2022 9 Oct,2022	Dussehra Sunday
2 nd Week 10 Oct - 15 Oct	Symptoms and causes of postural deformities, Kyphosis, Lordosis, Scoliosis, (P) Measurement of Volleyball Court, Flat Foot & Knock-Knee, Blow legs & Round Shoulders
13 Oct, 2022 16 Oct,2022	Karwa Chauth Sunday
3 rd Week 17 Oct - 21 Oct	Revision Work, (P) Gen. Rules of volleyball, (P) Gen. Rules of volleyball, Concept of sports organization and administration, Meaning of organization & Administration, Importance of organization & Ad. In Phy. Edu. & Sports
22 Oct - 26 Oct	Diwali Break
4 th Week 27 Oct - 31 Oct	(P) Gen. Rules of volleyball, Importance of Organization & Administration, Principles of Sports Organization and Administration.
30 Oct, 2022	Sunday

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Subject- Health and Physical Education
Paper-

November, 2022 1 st Week 1 Nov, 2022	Haryana Day
1 st Week 2 Nov - 5 Nov	(P) Introduction of Hockey, Intramural & Extramural, Importance of Tournament, (P) History of Hockey
6 Nov, 2022	Sunday
2 nd Week 7 Nov – 12 Nov	Types of tournaments, (P) Gen. Rules of Hockey
8 Nov,2022 13 Nov, 2022	Sh. Guru Nanak Dev jayanti Sunday
3 rd Week 14 Nov - 19 Nov	Method of Preparing Fixture, Anatomy and Physiology of Muscles., (P) Gen. Rule of Hockey, Gross Anatomy of Muscle, Types of Muscles in Human Body, Effect of Exercise on Muscular System
20 Nov, 2022	Sunday
4 th Week 21 Nov - 26 Nov	(P) Measurement of Hockey Ground, Composition of Human Blood, Functions of Blood, Revision Work, (P) Revision Work
27 Nov, 2022	Sunday
5 th Week 28 Nov – 3 Dec	Sessional Exams
4 Dec, 2022	Sunday
2 nd Week 5 Dec - 10 Dec	Revision of Syllabus,Test
3 rd Week 15 Dec,2022 Onwards	University Examination