

KVA DAV College for Women, Karnal

Lesson Plan for the Odd Semester, 2023 (August - December)

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

August, 2023 1st Week 1 Aug - 5 Aug	Introduction of Physical Education, meaning and definition of Physical Education
6 Aug, 2023	Sunday
2nd Week 7 Aug - 12 Aug	Relationship of Physical Education with in health and general education, Aim and objectives of Physical Education (P)Kho-Kho
13 Aug, 2023	Sunday
3rd Week 14 Aug-19 Aug	Scope of Physical Education,Need of Physical Education in modern society, Misconceptions regarding Physical Education, (P)Kho-Kho
15 Aug, 2023 20 Aug, 2023	Independence Day Sunday
4th Week 21 Aug - 26 Aug	Physical Education as an art or science, Physical Education during Indus Valley Civilization(3250 BC-2500 BC), Physical Education during Vedic Period, Physical Education during early Hindu Period, (P)Kho-Kho
27 Aug, 2023	Sunday
5th Week 28 Aug - 31Aug	Physical Education during later Hindu Period, Physical Education during Medieval Period
30 Aug, 2023	Raksha Bandhan

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September, 2023 1st Week 1 Sept - 2 Sept	Physical Education during British Period.
3 Sept, 2023	Sunday
2nd Week 4 Sept - 9 Sept	Physical Education after Independence, Concept and Meaning of Growth and Development.
5 Sept, 2023 7 Sept, 2023 10 Sept, 2023	Talent Show Janmastami Sunday
3rd Week 11 Sept-16 Sept	Meaning of Chronological age, Anatomical age, Physiological age and Mental age, Principles of Growth and Development. (P)Badminton
17 Sept, 2023	Sunday
4th Week 18 Sept - 22 Sept	Difference between Growth and Development, Factors affecting Growth and Development.
23 Sept, 2023 24 Sept, 2023 25 Sept, 2023	Shaheed Divas/Haryana War Heroes' Martyrdom Day Sunday Annual Prize Distribution Function
5th Week 26 Sept - 30 Sept	Growth and Development at various levels of Childhood. (P)Badminton

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October, 2023 1 Oct , 2023 2 Oct, 2023	Sunday Mahatama Gandhi Jayanti
1st Week 3 Oct – 7 Oct	Qualification and Responsibilities of Physical Education and Sports professionals at various levels of education institution. (P)Badminton
8 Oct, 2023	Sunday
2nd Week 9 Oct - 14 Oct	Qualification and Responsibilities of Coach
15 Oct, 2023	Maharaja Agrasen Jayanti, Sunday
3rd Week 16 Oct - 21 Oct	Qualification and Responsibilities of fitness trainers, Yoga Instructor and others, Qualification and Responsibilities as Sports Event Managers. (P)Badminton
22 Oct, 2023	Sunday
4th Week 23 Oct – 27 Oct	Qualification and Responsibilities :Sports Journalists, Commentators, photographer and Video analysts
24 Oct, 2023 28 Oct, 2023 29 Oct, 2023	Dussehra Maharishi Valmiki Jayanti Sunday
5th Week 30 Oct – 31 Oct	Sessional Exams
25 Oct – 4 Nov, 2023	Sessional Exams

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November, 2023 1st Week 1 Nov, 2023 5 Nov, 2023	Haryana Day Sunday
2nd Week 6 Nov – 9 Nov	Qualification and Responsibilities: Technical officials Researchers, Health clubs, Fitness centres Aerobics
10 Nov - 16 Nov , 2023	Diwali Break
3rd Week 17 Nov - 18 Nov	Dance and recreation clubs in corporate Sectors and others.
19 Nov, 2023	Sunday
4th Week 20 Nov - 24 Nov	Revision of Syllabus
5th Week 25 Nov, 2023 Onwards	University Examination

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Lesson Plan for the Odd Semester, 2023 (August - December)

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

August, 2023 1st Week 1 Aug - 5 Aug	Introduction of Syllabus, Concept of Safety Edu.
6 Aug, 2023 2nd Week 7 Aug - 12 Aug	Sunday Meaning of Safety Edu., (P) Introduction of Athletics, Need of Safety Edu., Importance of Safety Edu., Sports Injuries
13 Aug, 2023 3rd Week 14 Aug-19 Aug	Sunday Treatment of Sports Injuries, Gen Treatment of Sports Injuries, Revision Work, (P) Introduction of Discus Throw
15 Aug, 2023 20 Aug, 2023 4th Week 21 Aug - 26 Aug	Independence Day Sunday Concept of Common Diseases, Meaning of communicable diseases, Meaning of non-communicable Diseases,(P) Specifications of discus throw, Mode of Transmission of communicable diseases.
27 Aug, 2023 5th Week 28 Aug - 31Aug	Sunday Prevention & Control of communicable diseases, Common Diseases Typhoid, Malaria, Influenza, (P) Gen. Rules of Discus throw, Dengue, Hepatitis
30 Aug, 2023	Raksha Bandhan

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Lesson Plan for the Odd Semester, 2023 (August - December)

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

September, 2023 1st Week 1 Sept - 2 Sept	HIV/AIDS, (P) Discussion on Gen Rules of Discuss throw, (P) Revision, Allergy related disease Asthma, Sinuses
3 Sept, 2023	Sunday
2nd Week 4 Sept - 9 Sept	(P) Gen Skills of Discus throw, Revision Work, Anatomy and Physiology of Circulatory System, Structure of Heart, (P) Gen. Skills of Discus Throw
5 Sept, 2023 7 Sept, 2023 10 Sept, 2023	Talent Show Janmastami Sunday
3rd Week 11 Sept-16 Sept	Function of Heart, Types of Circulation, (P) Introduction of Long Jump, Effect of Exercise on Circulatory System, Revision Work
17 Sept, 2023	Sunday
4th Week 18 Sept - 22 Sept	Practice of Heart Diagram, (P) Ground Specifications of Long Jump, Unit Test – 4,
23 Sept, 2023 24 Sept, 2023 25 Sept, 2023	Shaeedi Divas/Haryana War Heroes' Martyrdom Day Sunday Annual Prize Distribution Function
5th Week 26 Sept - 30 Sept	Components of Balance Diet

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Paper-

October, 2023 1 Oct , 2023 2 Oct, 2023	Sunday Mahatama Gandhi Jayanti
1st Week 3 Oct – 7 Oct	Meaning & Importance of Balance Diet
8 Oct, 2023	Sunday
2nd Week 9 Oct - 14 Oct	(P) Gen. Rules of Long Jump,
15 Oct, 2023	Maharaja Agrasen Jayanti, Sunday
3rd Week 16 Oct - 21 Oct	Factors Affecting Balance Diet
22 Oct, 2023	Sunday
4th Week 23 Oct – 27 Oct	(P) Practice of Long Jump, Harmful Effects of Junk Food, Revision Work
24 Oct, 2023 28 Oct, 2023 29 Oct, 2023	Dussehra Maharishi Valmiki Jayanti Sunday
5th Week 30 Oct – 31 Oct	Sessional Exams
25 Oct – 4 Nov, 2023	Sessional Exams

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Paper-

November, 2023 1st Week 1 Nov, 2023 5 Nov, 2023	Haryana Day Sunday
2nd Week 6 Nov – 9 Nov	Unit Test – 3,(P) Gen.
10 Nov - 16 Nov , 2023	Diwali Break
3rd Week 17 Nov - 18 Nov	Discussion on Throwing Event, Revision Work
19 Nov, 2023	Sunday
4th Week 20 Nov - 24 Nov	Revision Work, Test, (P) Revision Work
5th Week 25 Nov, 2023 Onwards	University Examination

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Lesson Plan for the Odd Semester, 2023 (August - December)

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

August, 2023 1st Week 1 Aug - 5 Aug	(P) Introduction of Pranayam, Introduction of Syllabus
6 Aug, 2023 2nd Week 7 Aug - 12 Aug	Sunday Concept of Growth & Development, (P) Bhramari Pranayam, Definition of Growth & Development, Stages of Growth & Development
13 Aug, 2023 3rd Week 14 Aug-19 Aug	Sunday (P) Anulom – Vilom, Anulom – Vilom, Principles of Growth Development, Factors Influencing G&D, (P) Practice
15 Aug, 2023 20 Aug, 2023	Independence Day Sunday
4th Week 21 Aug - 26 Aug	Age & Sex Difference in relation of Phy. Edu. & Sports, Group Discussion
27 Aug, 2023 5th Week 28 Aug - 31Aug	Sunday (P) Revision, Revision Work, Group Discussion Unit – I, Unit - I (Test) Oral., Concept of Posture, (P) Kapal Bhati
30 Aug, 2023	Raksha Bandhan

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Class- B.A. Vth Semester
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Paper-

September, 2023 1st Week 1 Sept - 2 Sept	Meaning of Posture, Importance of Good Posture, Causes of Poor Posture, (P) Introduction Volleyball, (P) History of Volleyball
3 Sept, 2023	Sunday
2nd Week 4 Sept - 9 Sept	Symptoms and causes of postural deformities, Kyphosis, Lordosis, Scoliosis,
5 Sept, 2023 7 Sept, 2023 10 Sept, 2023	Talent Show Janmastami Sunday
3rd Week 11 Sept-16 Sept	(P) Measurement of Volleyball Court, Flat Foot & Knock-Knee, Blow legs & Round Shoulders
17 Sept, 2023	Sunday
4th Week 18 Sept - 22 Sept	Revision Work, (P) Gen. Rules of volleyball, (P) Gen.
23 Sept, 2023 24 Sept, 2023 25 Sept, 2023	Shaeedi Divas/Haryana War Heroes' Martyrdom Day Sunday Annual Prize Distribution Function
5th Week 26 Sept - 30 Sept	Rules of volleyball, Concept of sports organization and administration

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Paper-

October, 2023 1 Oct , 2023 2 Oct, 2023	Sunday Mahatama Gandhi Jayanti
1st Week 3 Oct – 7 Oct	Meaning of organization & Administration, Importance of organization & Ad. In Phy. Edu. & Sports
8 Oct, 2023	Sunday
2nd Week 9 Oct - 14 Oct	(P) Gen. Rules of volleyball, Importance of Organization & Administration,
15 Oct, 2023	Maharaja Agrasen Jayanti, Sunday
3rd Week 16 Oct - 21 Oct	Principles of Sports Organization and Administration.
22 Oct, 2023	Sunday
4th Week 23 Oct – 27 Oct	(P) Introduction of Hockey, Intramural & Extramural, Importance of Tournament, (P) History of Hockey
24 Oct, 2023 28 Oct, 2023 29 Oct, 2023	Dussehra Maharishi Valmiki Jayanti Sunday
5th Week 30 Oct – 31 Oct	Sessional Exams
25 Oct – 4 Nov, 2023	Sessional Exams

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Paper-

November, 2023 1st Week 1 Nov, 2023 5 Nov, 2023	Haryana Day Sunday
2nd Week 6 Nov – 9 Nov	Types of tournaments, (P) Gen. Rules of Hockey, Method of Preparing Fixture, Anatomy and Physiology of Muscles
10 Nov - 16 Nov , 2023	Diwali Break
3rd Week 17 Nov - 18 Nov	(P) Gen. Rule of Hockey, Gross Anatomy of Muscle, Types of Muscles in Human Body, Effect of Exercise on Muscular System
19 Nov, 2023	Sunday
4th Week 20 Nov - 24 Nov	(P) Measurement of Hockey Ground, Composition of Human Blood, Functions of Blood, Revision Work, (P) Revision Work
5th Week 25 Nov, 2023 Onwards	University Examination