

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan

Session 2020-21 (17.04.2021 to 12.07.2021)

Name of Teacher: Dr. Anu Chauhan

Subject: H.P.E.

Week	Date	Class : B.A. I	Class: B.A. II	Class: B.A. III
		Semester: 2nd	Semester: 4th	Semester: 6th
3	17.04.2021	(P) Introduction of Syllabus	(P) Introduction of Syllabus	Introduction of Syllabus
4	19.04.2021	Meaning and Definition of Health Education	Meaning of worming Up	(P) Judo
	20.04.2021	Aim and Objectives of Health Education	Types of Worming Up	(P) Judo
	21.04.2021	Ram Navami		
	22.04.2021	Scope of Health Education	Significance of worming Up	Meaning of Motivation
	23.04.2021	(P) Name of Human Bones	(P) Meaning of B.M.I.	Definition of Motivation
	24.04.2021	(P) Name of Human Bones	(P) Meaning of B.M.I.	Types of Motivation
5	26.04.2021	Importance of Health Education in Modern	Significance of worming Up	(P) Self Defense
	27.04.2021	Importance of Health Education in Modern	Meaning of Cooling down	(P) Self Defense
	28.04.2021	Meaning of First Aid	Types of cooling down	Importance of Motivation in Physical Education
	29.04.2021	Aim and Objectives of First Aid	Significance of Cooling down	Importance of Motivation in Physical Education
	30.04.2021	(P) Identification of Human Bones	(P) Normal Range of B.M.I. for children	Meaning of Socialization
1	01.05.2021	(P) Identification of Human Bones	(P) Normal Range of B.M.I. for children	Socialization through Sports
2	03.05.2021	General Principles of First Aid	Methods of Worming up and Cooling down	(P) First Aid
	04.05.2021	First Aid for Snake Biting	Methods of Worming up and Cooling down	(P) First Aid
	05.05.2021	Drowning and Electric shock	Physiological Aspects of Worming up and Cooling down	Socialization through Sports
	06.05.2021	Burns	Physiological Aspects of Worming up and Cooling down	Effects of Social Behaviour on the performance of Sports persons
	07.05.2021	(P) Revision on Human Bones	(P) Normal Range of B.M.I. for men and women	Effects of Social Behaviour on the performance of Sports persons
	08.05.2021	(P) Oral Test	(P) Normal Range of B.M.I. for men and women	Revision work
3	10.05.2021	Bleeding and Nose Bleeding	Unit 2: Meaning of Psychology and Sports Psychology	(P) First Aid
	11.05.2021	Revision work	Need and importance of Sports Psychology	(P) Items of First Aid
	12.05.2021	Unit 2: Pre Independence Historical Development of Physical Education	Need and importance of Sports Psychology	Unit 2: Meaning of Sports Training
	13.05.2021	Unit 2: Pre Independence Historical Development of Physical Education	Meaning of Learning	Factors Affecting Sports Training
	14.05.2021	Id-ul-Fitr/Parshuram Jayanti		

	15.05.2021	(P) Revision on Human Bones	(P) Revision of B.M.I.	Factors Affecting Sports Training
4	17.05.2021	Post Independence of Physical Education in India	Law of Learning	(P) First Aid for different injuries
	18.05.2021	Post Independence of Physical Education in India	Law of Learning	(P) First Aid for different injuries
	19.05.2021	Indian Olympic Association	Law of Learning	Factors Affecting Sports Training
	20.05.2021	Sports Authority of India	Meaning and types of learning curves	Circuit training
	21.05.2021	(P) Ground Specification of Kho-Kho	(P) Practice how to calculate B.M.I.	Circuit training
	22.05.2021	(P) Ground Specification of Kho-Kho	(P) Practice how to calculate B.M.I.	Interval training
5	24.05.2021	S.A.I.	Meaning and types of learning curves	(P) Revision work
	25.05.2021	NSNIS	Revision work of Unit 2	(P) Group Discussion
	26.05.2021	YMCA	Revision work of Unit 1	Interval training
	27.05.2021	Haryana Sports Policy	Test of Unit 1 and unit 2	Continuous Training
	28.05.2021	(P) General Rules and Skills of Kho-Kho	(P) Ground Specifications of Basket Ball	Meaning of Doping
	29.05.2021	(P) General Rules and Skills of Kho-Kho	(P) Ground Specifications of Basket Ball	(P) Types of Doping
	31.05.2021	National Sports Policy	Unit 3: Ancient Olympic Games	(P) Types of Bandages
1	01.06.2021	National Sports Policy	Unit 3: Ancient Olympic Games	(P) Types of Bandages
	02.06.2021	Revision work	Modern Olympic Games	Types of Doping
	03.06.2021	Test of Unit 1 and Unit 2	Modern Olympic Games	Effects of Doping on Health
	04.06.2021	(P) Ground Specification of Badminton	(P) General Rules of Basket Ball	Effects of Doping on Health
	05.06.2021	(P) Ground Specification of Badminton	(P) General Rules of Basket Ball	Revision work
2	07.06.2021	Unit 3: Meaning & Definition of Physical fitness	Modern Olympic Games	(P) Types of Bandages
	08.06.2021	Importance of Physical fitness	Asian Games	(P) Types of Bandages
	09.06.2021	Importance of Physical fitness	Asian Games	Test of Unit 1 and Unit 2
	10.06.2021	Components of Physical fitness	Commonwealth Games	Unit 3: Meaning and Definition of Sports Biomechanics
	11.06.2021	(P) General Rules and Skills of Badminton	(P) General Skills of Basket Ball	Importance of Biomechanics in Sports
	12.06.2021	(P) General Rules and Skills of Badminton	(P) General Skills of Basket Ball	Importance of Biomechanics in Sports
3	14.06.2021	Components of Physical fitness	Revision work	(P) Types of Arm Stings
	15.06.2021	Components of Physical fitness	Unit test 3	(P) Types of Arm Stings
	16.06.2021	Principles of Physical fitness	Unit 4: Respiratory System	Law of Motion
	17.06.2021	Factors influencing Physical fitness	Structure of Repiratory organs	Law of Motion
	17.06.2021			

	18.06.2021	(P) Ground Specification of Cricket	(P) Ground Specifications of Kabbadi	Meaning and types of Lever
	19.06.2021	(P) Ground Specification of Cricket	(P) Ground Specifications of Kabbadi	Unit test 3
4	21.06.2021	Factors influencing Physical fitness	Structure of Respiratory organs	Types of Arm Stings
	22.06.2021	Meaning of Isometric, Isotonic and Isokmetic exercise	Physiology of Respiratory System	Revision
	23.06.2021	Revision work	Physiology of Respiratory System	Unit 4: Meaning of Digestive System
	24.06.2021	Sant Kabir Jayanti		
	25.06.2021	(P) General Rules and Skill of cricket	(P) General Skills of kabbadi	Organs of Digestive System
	26.06.2021	(P) General Rules and Skill of cricket	Ground Specifications of Football	Structure of Digestive System
5	28.06.2021	Unit 4: Anatomy of Human Bone	Effects of exercise on Respiratory system	(P) Practice
	29.06.2021	Unit 4: Anatomy of Human Bone	Effects of exercise on Respiratory system	(P) Group Discussion
	30.06.2021	Types of Human Bones	Tidal Volume	Structure of Digestive System
1	01.07.2021	Types of Human Bones	Residual Volume and total Lungs capacity	Mechanism of Digestive System
	02.07.2021	(P) Revision work of Kho-kho	(P) General Rules and skills of Football	Effect of exercise on Digestive System
	03.07.2021	(P) Revision work of Badminton	(P) General Rules and skills of Football	Effect of exercise on Digestive System
2	05.07.2021	Functions of bones	Revision work	(P) Revision work
	06.07.2021	Meaning and Types of Joints	Practice of Respiratory system Diagram	(P) Revision work
	07.07.2021	Meaning and Types of Joints	Unit test 4	Practice of Diagrams
	08.07.2021	Revision of Unit 4	Revision of syllabus	Revision of Unit 4
	09.07.2021	(P) Revision work of Cricket	(P) Revision work	Unit test 4
	10.07.2021	(P) Revision work	(P) Revision work	Revision work
	12.07.2021	Revision work	Revision of syllabus	Revision work