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	Meaning of worming Up	(P) Judo
		Health Education		
	20.04.2021	Aim and Objectives of	Types of Worming Up	(P) Judo
	21.04.2021	Health Education	Ram Navami	
	21.04.2021 22.04.2021	Scope of Health Education		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		Importance of Health	Significance of worming Up	(P) Self Defense
		Education in Modern		(=) ~ =
	27.04.2021	Importance of Health	Meaning of Cooling down	(P) Self Defense
		Education in Modern		
	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	Significance of Cooling	Importance of Motivation in
		Aid	down	Physical Education
	30.04.2021	(P) Identification of Human	(P) Normal Range of B.M.I.	Meaning of Socialization
	01.07.2021	Bones	for children	0 11 1 1 0
1	01.05.2021	(P) Identification of Human	(P) Normal Range of B.M.I. for children	Socialization through Sports
2	03.05.2021	Bones General Principles of First	Methods of Worming up and	(D) First Aid
2	03.03.2021	Aid	Cooling down	(F) Flist Alu
	04.05.2021	First Aid for Snake Biting	Methods of Worming up and	(P) First Aid
			Cooling down	(=) = =====
	05.05.2021	Drowning and Electric shock	Physiological Aspects of	Socialization through Sports
			Worming up and Cooling	
			down	
	06.05.2021	Burns	Physiological Aspects of	Effects of Social Behaviour
			Worming up and Cooling	on the performance of Sports
			down	persons
	07.05.2021	(P) Revision on Human	(P) Normal Range of B.M.I. for men and women	Effects of Social Behaviour
		Bones	for men and women	on the performance of Sports persons
	08.05.2021	(P) Oral Test	(P) Normal Range of B.M.I.	Revision work
	00.03.2021	(1) Oral Test	for men and women	KCVISIOII WOIK
3	10.05.2021	Bleeding and Nose Bleeding	Unit 2: Meaning of	(P) First Aid
		8	Psychology and Sports	
			Psychology	
	11.05.2021	Revision work	Need and importance of	(P) Items of First Aid
			Sports Psychology	
	12.05.2021	Unit 2: Pre Independence	Need and importance of	Unit 2: Meaning of Sports
		Historical Development of	Sports Psychology	Training
	10.07.000	Physical Education		T
	13.05.2021	Unit 2: Pre Independence	Meaning of Learning	Factors Affecting Sports
		Historical Development of Physical Education		Training
	14.05.2021	1 Hysical Education	Id-ul-Fitr/Parshuram Jayanti	
	14.03.2021		10-u1-17u1/f at Stiut attil Jayallil	

	15.05.2021	(P) Revision on Human	(P) Revision of B.M.I.	Factors Affecting Sports
	10.00.2021	Bones	(2) 110 (101011 01 2 12/11)	Training
4	17.05.2021	Post Independence of	Law of Learning	(P) First Aid for different
		Physical Education in India		injuries
	18.05.2021	Post Independence of	Law of Learning	(P) First Aid for different
		Physical Education in India		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	Circuit training
			learning curves	
	21.05.2021	(P) Ground Specification of	(P) Practice how to calculate	Circuit training
		Kho-Kho	B.M.I.	
	22.05.2021	(P) Ground Specification of	(P) Practice how to calculate	Interval training
	24.05.2021	Kho-Kho	B.M.I.	(D) D : : 1
5	24.05.2021	S.A.1.	Meaning and types of	(P) Revision work
	25.05.2021	NCNIC	learning curves Revision work of Unit 2	(D) Crown Discussion
	26.05.2021	YMCA	Revision work of Unit 2	(P) Group Discussion Interval training
		Haryana Sports Policy	Test of Unit 1 and unit 2	Continuous Training
	28.05.2021	(P) General Rules and Skills		Meaning of Doping
	20.03.2021	of Kho-Kho	Basket Ball	ivicaning of Doping
	29.05.2021	(P) General Rules and Skills	(P) Ground Specifications of	(P) Types of Doning
	23.00.2021	of Kho-Kho	Basket Ball	(1) Types of Boping
	31.05.2021	National Sports Policy	Unit 3: Ancient Olympic	(P) Types of Bandages
			Games	
1	01.06.2021	National Sports Policy	Unit 3: Ancient Olympic	(P) Types of Bandages
			Games	
		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	(P) General Rules of Basket	Effects of Doping on Health
	07.05.001	Badminton	Ball	
	05.06.2021	(P) Ground Specification of	` '	Revision work
	07.06.2021	Badminton	Ball	(D) T
2	07.06.2021	Unit 3: Meaning & Definition of Physical fitness	Modern Olympic Games	(P) Types of Bandages
	08.06.2021	Importance of Physical	Asian Games	(P) Types of Bandages
	00.00.2021	fitness	Asian Games	(1) Types of Bandages
	09.06.2021	Importance of Physical	Asian Games	Test of Unit 1 and Unit 2
		fitness		
	10.06.2021	Components of Physical	Commonwealth Games	Unit 3: Meaning and
		fitness		Definition of Sports
				Biomechanics
	11.06.2021	(P) General Rules and Skills	(P) General Skills of Basket	Importance of Biomechanics
		of Badminton	Ball	in Sports
	12.06.2021	(P) General Rules and Skills	(P) General Skills of Basket	Importance of Biomechanics
		of Badminton	Ball	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
		·	Structure of Repiratory	Law of Motion
		fitness	organs	
	17.06.2021			

	19.06.2021	(P) Ground Specification of	(P) Ground Specifications of	Magning and types of Layer
	18.00.2021	Cricket	Kabbadi	lyleaning and types of Lever
	19.06.2021			Unit toot 2
	19.06.2021	(P) Ground Specification of Cricket	(P) Ground Specifications of Kabbadi	Unit test 3
4	21.06.2021	Factors influencing Physical	Structure of Repiratory	Types of Arm Stings
4	21.00.2021	fitness		Types of Arm Stings
	22.06.2021	Meaning of Isometric,	organs Physiology of Respiratory	Revision
	22.00.2021	Isotonic and Isokmetic		Revision
		exercise	System	
	22.06.2021	Revision work	Dhygialagy of Dagningtony	Unit 4. Maaning of
	25.00.2021	Revision work	Physiology of Respiratory	Unit 4: Meaning of
	24.06.2021		System Sont Wahin Jayanti	Digestive System
	24.06.2021	(D) Consul Dulas and Skill	Sant Kabir Jayanti	Oncore of Diseative System
	25.06.2021	(P) General Rules and Skill of cricket	(P) General Skills of kabbadi	Organs of Digestive System
	26.06.2021		Crown d Crossifications of	Charactering of Dispeties
	26.06.2021	(P) General Rules and Skill of cricket	Ground Specifications of Football	Structure of Digestive
	20.06.2021			System
5	28.06.2021	Unit 4: Anatomy of Human	Effects of exercise on	(P) Practice
	20.06.2021	Bone	Respiratory system	
	29.06.2021	Unit 4: Anatomy of	Effects of exercise on	(P) Group Discussion
	20.06.2021	Human Bone	Respiratory system	C4
	30.06.2021	Types of Human Bones	Tidal Volume	Structure of Digestive
1	01.07.2021	Types of Human Bones	Residual Volume and total	System Mechanism of Digestive
1	01.07.2021	Types of Human Bones		System
	02.07.2021	(D) D · · · · · · · · · · · · · · · · · ·	Lungs capacity	•
	02.07.2021	(P) Revision work of Kho-	(P) General Rules and	Effect of exercise on
	03.07.2021	kho (P) Revision work of	skills of Football	Digestive System Effect of exercise on
	03.07.2021	(P) Revision work of	(P) General Rules and skills	ichect of exercise on
		Dodminton	of Football	
	05.07.2021	Badminton	of Football	Digestive System
2	05.07.2021	Functions of bones	Revision work	Digestive System (P) Revision work
2		Functions of bones Meaning and Types of	Revision work Practice of Respiratory	Digestive System
2	06.07.2021	Functions of bones Meaning and Types of Joints	Revision work Practice of Respiratory system Diagram	Digestive System (P) Revision work (P) Revision work
2	06.07.2021 07.07.2021	Functions of bones Meaning and Types of Joints Meaning and Types of Joints	Revision work Practice of Respiratory system Diagram Unit test 4	Digestive System (P) Revision work (P) Revision work Practice of Diagrams
2	06.07.2021 07.07.2021 08.07.2021	Functions of bones Meaning and Types of Joints Meaning and Types of Joints Revision of Unit 4	Revision work Practice of Respiratory system Diagram Unit test 4 Revision of syllabus	Digestive System (P) Revision work (P) Revision work Practice of Diagrams Revision of Unit 4
2	06.07.2021 07.07.2021 08.07.2021 09.07.2021	Functions of bones Meaning and Types of Joints Meaning and Types of Joints Revision of Unit 4 (P) Revision work of Cricket	Revision work Practice of Respiratory system Diagram Unit test 4 Revision of syllabus (P) Revision work	Digestive System (P) Revision work (P) Revision work Practice of Diagrams Revision of Unit 4 Unit test 4
2	06.07.2021 07.07.2021 08.07.2021	Functions of bones Meaning and Types of Joints Meaning and Types of Joints Revision of Unit 4	Revision work Practice of Respiratory system Diagram Unit test 4 Revision of syllabus	Digestive System (P) Revision work (P) Revision work Practice of Diagrams Revision of Unit 4