

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Even Semester)

Session 2023-24 (01.01.2024 to 30.04.2024)

Name of Teacher: DR. Anu Chauhan

Subject: Health & Physical Education

Day	Date	Class... B.A. III rd	Class... B.A. III rd
		Semester... IV th	Semester... IV th
Monday	01.01.2024	Unit 1 warming up & cooling down	Unit 1 meaning & definition of motivation
Tuesday	02.01.2024	meaning & Types of warming up	Types of motivation
Wednesday	03.01.2024	Significance of warming up	Importance of motivation in sports
Thursday	04.01.2024	X	(P) General Rules of Wrestling
Friday	05.01.2024	(P) Introduce BMI	X
Saturday	06.01.2024	X	X
Monday	08.01.2024	Meaning & Types of cooling down	Meaning of Socialization & Socialization through sports
Tuesday	09.01.2024	Significance of cooling down	do
Wednesday	10.01.2024	Methods of warming up & cooling down	Effect of Social Behaviour on Performance of Sports
Thursday	11.01.2024	X	(P) Introduction & Basic Benefits of self defense
Friday	12.01.2024	(P) Measurement of BMI	X
Saturday	13.01.2024	X	X
Monday	15.01.2024	Physiological aspects of warming up	Revision work
Tuesday	16.01.2024	Physiological aspects of cooling down	Test of Unit - 1.
Wednesday	17.01.2024	Shri Guru Gobind Singh Ji Jayanti	
Thursday	18.01.2024	X	(P) First Aid & First Aid for different injuries
Friday	19.01.2024	(P) Measurement of BMI child & women	X
Saturday	20.01.2024	X	X
Monday	22.01.2024	Revision work	Meaning & Definition of Sports Training
Tuesday	23.01.2024	Test of Unit - 1.	Factors affecting sports training.
Wednesday	24.01.2024	Respiratory System Unit IV	do
Thursday	25.01.2024	X	(P) First Aid for different circumstances
Friday	26.01.2024	Republic Day	
Saturday	27.01.2024	X	X
Monday	29.01.2024	Organs of Respiratory System	Circuit Training method
Tuesday	30.01.2024	do	Interval Training method
Wednesday	31.01.2024	Structure of Respiratory System	Continuous Training method
Thursday	01.02.2024	X	(P) Items of First Aid Box & their uses.
Friday	02.02.2024	(P) Measurement of BMI men & female	X
Saturday	03.02.2024	X	X

Day	Date	Class... <u>B.A. IInd</u>	Class... <u>B. AIIIrd</u>
		Semester... <u>IVth</u>	Semester... <u>IVth</u>
Monday	05.02.2024	Structure of Respiratory system	Meaning & Types of Doping
Tuesday	06.02.2024	Physiology of Respiratory system	<u>do</u>
Wednesday	07.02.2024	<u>do</u>	Effect of Doping on the Health
Thursday	08.02.2024	X	① Principles of First Aid
Friday	09.02.2024	① Ground specifications of Basketball	X
Saturday	10.02.2024	X	X
Monday	12.02.2024	Effect of exercise on respiratory system	Revision work
Tuesday	13.02.2024	Techniques of Tidal Volume, Residual Volume, Lung Capacity	Test of Unit - II
Wednesday	14.02.2024	Basant Panchmi/Sir Chhotu Ram Jayanti	
Thursday	15.02.2024	X	① Types of Bandages
Friday	16.02.2024	① General Rules of Basketball	X
Saturday	17.02.2024	X	X
Monday	19.02.2024	Revision work	concept of sports. Bio mechanics
Tuesday	20.02.2024	Test of Unit - IV	Meaning & Definition of sports mechanics
Wednesday	21.02.2024	Psychological Aspects of Phys. Edu.	<u>do</u>
Thursday	22.02.2024	X	① Types of Arm slings
Friday	23.02.2024	① General Rules of Basketball	X
Saturday	24.02.2024	Guru Ravidas Jayanti	
Monday	26.02.2024	Meaning of Psychology & sports Psychology	X
Tuesday	27.02.2024	Need & Importance of sports Psychology	Importance of Biomechanics in sports
Wednesday	28.02.2024	Meaning of Learning	<u>do</u>
Thursday	29.02.2024	X	① Practice of use of Bandages
Friday	01.03.2024	① Practice of Basketball	X
Saturday	02.03.2024	X	X
Monday	04.03.2024	Law of Learning	Law of Motion
Tuesday	05.03.2024	<u>do</u>	<u>do</u>
Wednesday	06.03.2024	Learning curves.	Revision work
Thursday	07.03.2024	X	① History & Rules of Judo
Friday	08.03.2024	Maha Shivratri	
Saturday	09.03.2024	X	X
Monday	11.03.2024	Revision work	Sessional Test
Tuesday	12.03.2024	Test of Unit - II	Newton laws Application in sports
Wednesday	13.03.2024	Sessional Test	<u>do</u>
Thursday	14.03.2024	X	① History & General rules of Boxing
Friday	15.03.2024	① Introduction & Ground specifications of Kabaddi	X

Day	Date	Class... <u>B.A.IIIrd</u>	Class... <u>B.A.IIIrd</u>
		Semester... <u>IVth</u>	Semester... <u>IVth</u>
Saturday	16.03.2024	X	X
Monday	18.03.2024	Unit-III Introduction of motor sports Events	Meaning & Types of tests
Tuesday	19.03.2024	Ancient Olympic Games	—do—
Wednesday	20.03.2024	—do—	Test of Unit - III
Thursday	21.03.2024	X	Practise of Pranayam
Friday	22.03.2024	General rules & skills of Kabaddi	X
23.03.2024 to 31.03.2024 ————— Holi Vacations —————			
Monday	01.04.2024	Modern Olympic Games	Meaning & organs of Digestive system
Tuesday	02.04.2024	—do—	Structure of Digestive system
Wednesday	03.04.2024	Asian Games	—do—
Thursday	04.04.2024	X	Practise of Volleyball
Friday	05.04.2024	Ground specifications of rules of Football	X
Saturday	06.04.2024	X	X
Monday	08.04.2024	Asian Games	Mechanism of Digestive system
Tuesday	09.04.2024	Common wealth Games	Effect of Exercise of Digestive system
Wednesday	10.04.2024	—do—	Black Board Test of Digestive system diagram
Thursday	11.04.2024	Id-Ui-Fitr —————	
Friday	12.04.2024	General skills of Football	X
Saturday	13.04.2024	Vaisakhi/Chhath Puja —————	
Monday	15.04.2024	Revision work	Revision work
Tuesday	16.04.2024	Test of Unit - III	Test of Unit - IV
Wednesday	17.04.2024	Ram Navami —————	
Thursday	18.04.2024	X	Recreational Activity
Friday	19.04.2024	Practise of Basketball & Athletic Events	X
Saturday	20.04.2024	X	X
Monday	22.04.2024	Respiratory diagrams	Group discussion of Unit - II
Tuesday	23.04.2024	Black Board Test of Unit IV	Quiz on Unit III
Wednesday	24.04.2024	Group discussion of Unit III	Revision work
Thursday	25.04.2024	X	Revision work
Friday	26.04.2024	Revision work	X
Saturday	27.04.2024	X	X
Monday	29.04.2024	Revision work	Revision work
Tuesday	30.04.2024	—do—	—do—

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