

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Odd Semester)

Session 2023-24 (04.08.2023 to 24.11.2023)

Name of teacher: DR. Anu Chauhan

Subject: Health & Physical Education

	Date	Class...B.A.II nd year Semester...I st sem	Class...B.A.III rd year Semester...III rd sem	Class...B.A.III rd year Semester...IV th sem
F	04.08.2023	Orientation	(P) Bridge course	Bridge course
S	05.08.2023	Meaning and Definition of Physical Education	X	X
M	07.08.2023	(P) Introduction of syllabus & Examination Scheme.	Meaning & concept of Safety Education	concept of Growth & Development
T	08.08.2023	(P) Introduction of Kho-Kho	Need & Importance of Safety Edu.	Meaning & Definition of Growth & Development
W	09.08.2023	X	Types of Sports Injuries	Stages of Growth & Development
Th	10.08.2023	Relationship of Phy. Edu with Health & Gen. Edu	X	(P) Introduction of Pranayama
F	11.08.2023	Aim and objectives of Phy. Edu	(P) Introduction & History of Athletics	X
S	12.08.2023	do	X	X
M	14.08.2023	(P) History of Kho-Kho	Types of Sports Injuries	Stages of Growth & Development
T	15.08.2023	Independence Day		
W	16.08.2023	X	Causes of Sports Injuries	Principles of Growth & Development
Th	17.08.2023	Scope of Phy. Edu.	X	(P) Bhramari Pranayama
F	18.08.2023	do	(P) Introduction & History of Discus throw	X
S	19.08.2023	Need of Phy. Edu. in Modern Society	X	X
M	21.08.2023	(P) Court specifications of Kho-Kho	Principles of Prevention of Sports Injuries	Factors Influencing Growth & Development
T	22.08.2023	(P) do	Gen. Treatment of Sports Injuries	do
W	23.08.2023	X	do	Age & Sex Difference in relation to Phy. Edu. aspects
Th	24.08.2023	Misconceptions regarding Phy. Edu.	X	(P) Anulom - Vilom

	Date	Class... B.A. 1 st year Semester... I st sem	Class... B.A. II nd year Semester... III rd sem	Class... B.A. III rd year Semester... IV th sem
F	25.08.2023	Physical Edu as Arts or science	Specifications of Gen. rules of Discus Throw	X
S	26.08.2023	Revision work	X	X
M	28.08.2023	General Rules of Kho-kho	Revision work	Revision work
T	29.08.2023	—do—	Test of Unit 1	Test of Unit - 1
W	30.08.2023	Raksha Bandhan		
Th	31.08.2023	Test of Unit - 1.	X	Practice of Bhramari & Anulom-Vilom Pranayama
F	01.09.2023	Phy. Edu. during Indus Valley Civilization	General skills and Practice of Discus Throw	X
S	02.09.2023	—do—	X	X
M	04.09.2023	General Rules of Kho-kho	Concept & Meaning of Communicable & Non-communicable Disease	Concept & Meaning of Posture
T	05.09.2023	Basic skills of Kho-kho	Mode of Transmission of Communicable Disease	Importance of Good Posture
W	06.09.2023	Janamashtmi		
Th	07.09.2023	Phy. Edu. during vedic period	X	Kapal Bhati Pranayama
F	08.09.2023	Phy. Edu. during early Hindu period	Introduction & History of Long Jump.	X
S	09.09.2023	Phy. Edu. during later Hindu period	X	X
M	11.09.2023	Basic Skills of Kho-kho	Prevention and Control of Communicable Disease	Symptoms and Causes of Posture Deformities
T	12.09.2023	—do—	Common Disease Typhoid, Malaria	Kyphosis
W	13.09.2023	X	Influenza & Dengue	Lordosis
Th	14.09.2023	Phy. Edu. during medieval period	X	Practice of Kapal Bhati Pranayama
F	15.09.2023	Phy. Edu. during British period	Gen Rules and Ground Specifications of Long Jump.	X
S	16.09.2023	Phy. Edu. during After Independence	X	X

	Date	Class... <u>B.A. 1st year</u> Semester... <u>Ist sem</u>	Class... <u>B.A. 2nd year</u> Semester... <u>IIIrd sem</u>	Class... <u>B.A. IIIrd year</u> Semester... <u>IVth sem</u>
M	18.09.2023	(P) Basic skill of Kho - Kho	Hepatitis & HIV AIDS	Scoliosis & Flat foot
T	19.09.2023	(P) Practice of Kho - Kho	Allergy related disease Asthma	Knock Knee, Bow legs & Round shoulders.
W	20.09.2023	X	Sinuses	Revision work
Th	21.09.2023	Revision work	X	(P) VolleyBall & (History & measurement)
F	22.09.2023	Test of Unit - II	(P) Fundamental skills of Long Jump.	X
S	23.09.2023	Shaheedi Diwas/Haryana War Heroes' Martyrdom Day		
M	25.09.2023	(P) Introduction of Badminton	Revision work	Test of Unit III
T	26.09.2023	(P) History of Badminton	Test of Unit II	concept of sports organization & Administration
W	27.09.2023	X	Anatomy & Physiology of circulation system	meaning of organization & Administration in Phys-ed.
Th	28.09.2023	meaning of Growth and Development	X	(P) General Rules & Fundamental skills of VolleyBall
F	29.09.2023	meaning of Chronological Age, Anatomical Age	(P) Recreational Activity	X
S	30.09.2023	Physiological & mental Age.	X	X
M	02.10.2023	Mahatma Gandhi Jayanti		
T	03.10.2023	(P) Recreational Activity	Structure of Heart	Principles of sports in organization and Administration
W	04.10.2023	X	Function of Heart	Intramural & Extramural Tournaments
Th	05.10.2023	Principles of Growth & Development	X	(P) Practice of VolleyBall
F	06.10.2023	—do—	(P) Practice of Long jump.	X
S	07.10.2023	Difference Between Growth & Development	X	X
M	09.10.2023	(P) Court specifications of Badminton	Functions of Heart	Importance of Tournaments
T	10.10.2023	(P) —do—	Types of Circulation	Types of Tournaments

	Date	Class... B.A. I st year Semester... I st sem	Class... B.A. II nd year Semester... III rd sem	Class... B.A. III rd year Semester... IV th sem
W	11.10.2023	X	Types of circulation	Methods of Preparing Fixture
Th	12.10.2023	Factor affecting Growth & Development	X	(P) Introduction & Gen. Rules of Hockey
F	13.10.2023	—do—	(P) Practice of Discus Throw	X
S	14.10.2023	Growth & Development at various levels of childhood.	X	X
M	16.10.2023	(P) General Rules of Badminton	Effect of exercise on circulation system	Methods of Preparing Fixture
T	17.10.2023	(P) —do—	Black Board Test of Heart Diagram	—do—
W	18.10.2023	X	Revision work	Revision work
Th	19.10.2023	Adulthood	X	(P) Measurements of Hockey Ground
F	20.10.2023	Revision work	(P) Track specifications	X
S	21.10.2023	Test of Unit - III	X	X
M	23.10.2023	(P) General Rules of Badminton	Test of Unit IV	Unit Test of Unit II
T	24.10.2023	Dussehra		
W	25.10.2023	X	Introduction of Balance Diet	Anatomy and Physiology of muscles
Th	26.10.2023	Qualifications and respon. of Phys. Ed. and sports at various levels of Ed. inst.	X	(P) Fundamental Skills of Hockey
F	27.10.2023	Qualifications and resp. as Coach, Fit. Trainers, Yoga instructors and others	(P) How to Draw Track	X
S	28.10.2023	Maharishi Valmiki Jayanti		
M	30.10.2023	(P) Basic Skills of Badminton	Importance of Balance Diet	Gross Anatomy of muscles
T	31.10.2023	(P) —do—		Types of muscles in Human Body
W	01.11.2023	Haryana Day		
Th	02.11.2023	Event Manager, T.O, Researcher and others	X	(P) Recreational Activity

Date	Class... B.A. I st year	Class... B.A. I nd year	Class... B.A. I st year
	Semester... I st sem	Semester... I st sem	Semester... I st sem
03.11.2023	Qualifications & selo. in H. club, F. centre, Aerobics Dance & R. clubs. in G. Secs	(P) Practice of Draw Track on Black Board	X
04.11.2023	Sports Journalists, Commentaries, Sports Photographers & Video Analysts	X	X
06.11.2023	(P) Basic skills of Badminton	Components of Balance Diet	Effect of exercise on muscular system
07.11.2023	(P) Reaction of Badminton	—do—	Composition of Human Blood
08.11.2023	X	Factors Affecting Balance Diet	Functions of Blood & revision unit IV th
09.11.2023	Career opportunities in Govt., Stat Govt, Private organizations and others	X	(P) Practice match of Volleyball
10.11.2023 to 16.11.2023	Diwali Vacations		
17.11.2023	Career opportunities in manufacturing and marketing sectors.	(P) Recreational Activity	X
18.11.2023	Entrepreneurship opportunities in Phy. Edu & Sports.	X	X
20.11.2023	(P) Group Discussion / Quiz on Kho-Kho & Badminton	Harmful Effects of Junk Food.	Test of Unit IV
21.11.2023	(P) Revision work	Test of Unit III	Revision work of all syllabus.
22.11.2023	X	Revision work of all syllabus.	—do—
23.11.2023	Revision work	X	(P) Revision work
24.11.2023	Test of Unit - IV	(P) Revision work.	X
25.11.2023	Examinations Onwards		

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