

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Even Semester)

Session 2025-26 (12.01.2026 to 05.05.2026)

Name of teacher: Dr. Anu Chauhan

Subject: Health & Physical Education

Date	Day	Class. <u>B.A.IInd</u>	Class. <u>B.A.IInd</u>	Class. <u>B.A.IIIrd</u>
		Semester <u>IIIrd</u>	Semester <u>IVth</u>	Semester <u>Vth</u>
12.01.2026	Monday	Unit-I meaning & Definitions of Anatomy & Physiology	X	
13.01.2026	Tuesday	Imp. of Anatomy & Phys. in Phy. Edu. & Sports	X	
14.01.2026	Wednesday	<u>do</u>	X	(P) Methods of Issuing Sports Equipments.
15.01.2026	Thursday	X	Introduction of Syllabus.	Introduction of syllabus. Unit - I
16.01.2026	Friday	X	Meaning & Definition of Physical Fitness.	Meaning, Definition & Importance of organization & Ad.
17.01.2026	Saturday	X	Benefits of Phy. fitness in sports & daily life	Principles of organization & Administration
19.01.2026	Monday	Cell - Structure, Properties & functions	X	
20.01.2026	Tuesday	<u>do</u>	X	
21.01.2026	Wednesday	Meaning of cell & tissues organs & systems	X	(P) Methods of Issuing Sports Equipments
22.01.2026	Thursday	X	Meaning of Aerobic & Anaerobic Activity	Functions of organization & Administration
23.01.2026	Friday	Sir Chhotu Ram Jayanti/Basant Panchmi		
24.01.2026	Saturday	X	Types of Aerobic & Anaerobic Activity	Characteristics of organization & Administration
26.01.2026	Monday	Republic Day		
27.01.2026	Tuesday	Bone: meaning & types	X	
28.01.2026	Wednesday	<u>do</u>	X	(P) Methods of Return of Sports Equipments
29.01.2026	Thursday	X	Exercise and Health care zone of aerobic & Anaerobic	Revision of Unit I
30.01.2026	Friday	X	<u>do</u>	Unit-II Sports Equipments & Facilities: meaning & Imp.
31.01.2026	Saturday	X	WHO guideline & recommendations.	Classification of Sports Equipments.
02.02.2026	Monday	Skeletal System: - structure	X	
03.02.2026	Tuesday	<u>do</u>	X	
04.02.2026	Wednesday	<u>do</u>	X	(P) Methods of Return of Sports Equipments

Date	Day	Class...B.A.IST	Class...B.A.III rd	Class...B.A.III rd
		Semester...III rd	Semester...III rd	Semester...III rd
05.02.2026	Thursday	X	Revision work	Care & Maintenance of Sports Equipments & Facilities
06.02.2026	Friday	X	Unit - I (Test)	Need of Sports Equipments & Facilities
07.02.2026	Saturday	X	Meaning & Definition of Warming up.	Revision work
09.02.2026	Monday	Functions of Skeletal System	X	
10.02.2026	Tuesday	Axial & Appendicular Skeleton	X	
11.02.2026	Wednesday	—do—	X	(P) Practice
12.02.2026	Thursday	X	Principles of Warming up.	Test of Unit I & II
13.02.2026	Friday	X	Physiological & Psychological Benefits of Warming up	Unit - III Meaning of Tournament
14.02.2026	Saturday	X	—do—	Importance of Tournament
16.02.2026	Monday	Test of Unit - I	X	
17.02.2026	Tuesday	Unit - II Meaning of Joints, Types of Joints	X	
18.02.2026	Wednesday	Types of Synovial Joint Present in human Body	X	(P) methods of care and maintenance of sports equipments
19.02.2026	Thursday	X	Methods of Warming up.	Types of Tournaments
20.02.2026	Friday	X Annual Athletic meet of college		—do—
21.02.2026	Saturday	X —do—		Bye: criteria for giving Byes.
23.02.2026	Monday	Meaning of muscle Types of muscles	X	
24.02.2026	Tuesday	—do—	X	
25.02.2026	Wednesday	Revision work.	X	(P) methods of care and maintenance of sports equipments
26.02.2026	Thursday	X	Methods of Warming up	Features on Knockout
27.02.2026	Friday	X	Revision work	—do—
28.02.2026	Saturday	X	Unit - II (Test)	Revision work
01.03.2026 to 8.03.2026		Holi Vacations		
09.03.2026	Monday	Global structure of skeletal muscle	X	
10.03.2026	Tuesday	Structural classification of skeletal muscle	X	
11.03.2026	Wednesday	—do—	X	(P) method of maintenance of sports facilities
12.03.2026	Thursday	X	Unit - III Recovery & definition of cooling down	Feature of Round Robin Tournament Basis

Date	Day	Class...B.A.II nd	Class...B.A.II nd	Class...B.A.II nd
		Semester...II th	Semester...II th	Semester...II th
13.03.2026	Friday	X	Principles of Cooling Down	Fixture of Round Robin Tournaments Basis
14.03.2026	Saturday	X	—do—	Revision of Fixture
16.03.2026	Monday	Revision 2 Black Board Test	X	
17.03.2026	Tuesday	Unit-III Constituents of Blood	X	
18.03.2026	Wednesday	Function of Blood	X	(P) Methods of maintenance of sports facilities.
19.03.2026	Thursday	X	Psychological Benefits of Cooling Down	Revision of Unit-III
20.03.2026	Friday	X	Physiological Benefits of Cooling Down.	Black Board Test of Unit-III
21.03.2026	Saturday	Id-ul-Fitr		
23.03.2026	Monday	Shaheedi Diwas		
24.03.2026	Tuesday	Structure of the Heart	X	
25.03.2026	Wednesday	—do—	X	(P) Methods of maintenance of sports facilities
26.03.2026	Thursday	Ram Navami		
27.03.2026	Friday	X	Procedure of Cooling Down.	Sessional Test
28.03.2026	Saturday	X	Unit-Test-III	Unit-IV meaning of Budget
30.03.2026	Monday	Types of Blood Circulation	X	
31.03.2026	Tuesday	Mahavir Jayanti		
01.04.2026	Wednesday	Organs of Digestive System	X	Sessional Test (P) - Practice
02.04.2026	Thursday	X	Types of Cooling Down.	Importance of Budget in Phy. Edu.
03.04.2026	Friday	X	Unit-IV components of Phy.	Criteria of Good Budget
04.04.2026	Saturday	X	Fitness —do—	Group discussion on Budget
06.04.2026	Monday	Structure and Functions of the digestive system	X	
07.04.2026	Tuesday	—do—	X	
08.04.2026	Wednesday	Revision work	X	(P) Methods of choosing various sports equipments
09.04.2026	Thursday	Sessional Test	Meaning of Health Related components	Preparation of Budget Planning
10.04.2026	Friday	X	cardiovascular fitness	—do—
11.04.2026	Saturday	X	Muscular strength	—do—

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		Semester... <u>III</u>	Semester... <u>IV</u>	Semester... <u>III</u>
13.04.2026	Monday	Functions of various digestive juices	X	
14.04.2026	Tuesday	Dr. B.R. Ambedkar Jayanti/Vaisakhi		
15.04.2026	Wednesday		X	(P) Methods of Choosing various types of sports equipment
16.04.2026	Thursday	X	Body Composition & Flexibility	Format of making of a Institution Budget
17.04.2026	Friday	X	Meaning of skill related fitness - Agility, Balance	do
18.04.2026	Saturday	X	Neuromuscular Adapt. & coordinative Abilities	Group Discussion on Budget planning
20.04.2026	Monday	Organs of Respiratory & their functions	X	
21.04.2026	Tuesday	Structure of Respiration	X	
22.04.2026	Wednesday	Exchange of gases in lungs & tissues	X	(P) Methods of Choosing various types of sports equipment
23.04.2026	Thursday	X	Speed, Reaction Time & Strength	Unit Test of Unit III & IV
24.04.2026	Friday	X	Revision work.	Revision work
25.04.2026	Saturday	X	Test of Unit IV	
27.04.2026	Monday	Organs of Excretory System	X	
28.04.2026	Tuesday	Functions of Urinary System	X	
29.04.2026	Wednesday	Structure and Functions of Skin	X	Revision & Practice of Practical part.
30.04.2026	Thursday	X	Revision work	Revision work
01.05.2026	Friday	X	Group Discussion on Unit - I & II	do
02.05.2026	Saturday	X	Group Discussion on Unit - III & IV	do
04.05.2026	Monday	Revision work	X	
05.05.2026	Tuesday	do	X	
06.05.2026	Wednesday	Examination onwards		

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