

SHAHEED SMARAK GOVT. P.G. COLLEGE TIGAON (FARIDABAD)

LESSON PLAN FOR SESSION 2021-22. (Even Semester)

R. A.

Subject Name with code and semester:--- Physical Edu IInd Sem

Teacher Name:--- Dr. Shashi

MONTH	TOPIC
21 st <u>March</u> <u>Unit I</u>	① Meaning, Importance of Health & Health Education in Modern Society ② Guiding Principle of Health Edu.
<u>April</u> <u>Unit II</u>	① Importance of Light & Cross Ventilation at School & Home. ② Meaning of Personal Hygiene & its Importance ③ Teeth ④ Ears ⑤ Eyes ⑥ Skin ⑦ Nail & Fingers
<u>May</u> <u>Unit III</u>	① Meaning of Communicable Diseases ② Mode of Transmission & Prevention of the following I) HIV/AIDS II) Hepatitis B & C III) Malaria IV) Tuberculosis V) Cholera
<u>June</u> <u>Unit IV</u>	1) Meaning, Type & Aims of Yoga 2) Procedure & Benefits of following Asana a) Surya Namaskar (b) Bhujang Asan (c) Hal Asan d) Dhanuras Asan (e) Ardha Matsyendras Asan f) Chakras Asan (g) Matsya Asan (h) Karna Peeta Asan (i) Mayuras Asan (j) Setu Bandha Asan.

02 Assignments, Revision, Group discussion, Doubts to be cleared.

Signature



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LESSON PLAN FOR SESSION 2021-22. (Even Semester)

B.A. IV Sem

Subject Name with code and semester:--- Physical Education

Teacher Name:--- Dr. Shashi

MONTH	TOPIC
<u>March</u> <u>Ist Unit</u> <u>Phy. Edu.</u>	⇒ Meaning & Importance of P.E. ⇒ Aim & Objective of P.E. ⇒ Relationship of P.E. with General Edu. ⇒ Need of P.E. in Modern Society
<u>April</u> <u>IInd Unit</u> <u>Physical Fitness</u>	⇒ Meaning & Components of Phy. Fitness. ⇒ Explain speed, Strength, Flexibility, Agility, Endurance. ⇒ Factors affecting Phy. Fitness ⇒ Warming up - Cooling down
	⇒ Types of Warming up ⇒ Guiding Principles of Warming up ⇒ Importance of Warming up & Cooling down
<u>May</u> <u>IIIrd Unit</u> <u>Yogi's Kriyas</u>	⇒ Meaning & objectives of Sudhi Kriya ⇒ Types of Sudhi Kriya [Neti, Dhauti, Nauli, Basti, KapalBhati, Tsatakka] ⇒ Physiological Values of Sudhi Kriyas

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Signature

SHAHEED SMARAK GOVT. P.G. COLLEGE TIGAON (FARIDABAD)

LESSON PLAN FOR SESSION 2021-22. (Even Semester)

Continued

Subject Name with code and semester:---

Phy. Edu. R.A. IV Sem.

Teacher Name:--- Do. Shashi

MONTH	TOPIC
June IV Unit Camping <hr/>	⇒ Meaning of Camping ⇒ Types of Camping ⇒ Educational Values of Camping ⇒ Role of Following Agencies in promotion of Games & sports
	a) All India Council of sports (AICS) b) IOC c) YWCA
	d) SPAT Revision, Group Discussion, Doubts to be cleared, or Assignments.


Signature

Subject Name with code and semester:--- Phy. Edu. VI Sem.

Teacher Name:--- Dr Shashi

MONTH	TOPIC
<u>March</u> Unit I Track	⇒ Need, Importance & characteristics of Track, Care & Maintenance of Track. ⇒ Conduct of A.A. Meet
<u>April</u> U - II Sports Mng.	⇒ Organisation & Conduct of Tournament. ⇒ Meaning, Importance & Scope of Sports Management
	⇒ Factor Influencing Sports Mng. ⇒ Qualification & Qualities of P.E. Teachers ⇒ Duties of an Official (Pre-Game, During game & Post-Game)
<u>May</u> U - III Sports Injuries	⇒ Prevention of Sports Injury & Rehabilitation, ⇒ Sports Injury & Various factors causes injury ⇒ Principles of Prevention of Sports Injury

P.F.O.

Signature

Subject Name with code and semester:---

Phy. Edu.

Teacher Name:--- Dr. Shashi

Continued

MONTH	TOPIC
	Meaning & Scope of Rehabilitation, ⇒ Facilities available for Rehabilitation ⇒ Role of P. E. Teacher in Rehabilitation
<u>June</u> <u>U-IV</u> Prof. Preparation.	⇒ Meaning of Professional Preparation ⇒ Definition & Significance of P.P. in P.E. ⇒ Curriculum Design in P.E.
	⇒ Revision, or Assignments, Group Discussions, Doubts to be cleared time to time after every topic.


 Signature