

Saraswati Mahila Mahavidyalaya, Palwal

Lesson Plan :

Name of the ~~Assistant~~/Associate Professor: Dr. Asha Dahiya

Class and Section: BA II

Name of subject: Physical Fitness and yoga

Subject Lesson Plan : 18 weeks (from January 2018 to April 2018)

(Note: Prepare as per list of holidays declared by Haryana govt.)

WEEK 1
ASSIGNMENT:
WEEK 1, DAY 1, DATE :01/01/2018(MONDAY)
Meaning of Physical Education
WEEK 1, DAY 2, DATE :02/01/2018(TUESDAY)
Importance of Physical Education
WEEK 1, DAY 3, DATE :03/01/2018(WEDNESDAY)
Importance of Physical Education
WEEK 1, DAY 4, DATE :04/01/2018(THURSDAY)
1 st group Practical - Warming up
WEEK 1, DAY 5, DATE :05/01/2018(FRIDAY)
Holiday on account of Guru Govind Singh's Birthday
WEEK 1, DAY 6, DATE :06/01/2018(SATURDAY)

2nd group practical - General warming up

WEEK 2

ASSIGNMENT:

WEEK 2, DAY 1, DATE :08/01/2018(MONDAY)

Aims of Physical Education

WEEK 2, DAY 2, DATE :09/01/2018(TUESDAY)

Objectives of Physical Education

WEEK 2, DAY 3, DATE :10/01/2018(WEDNESDAY)

Relationship of Physical Education with general Education

WEEK 2, DAY 4, DATE :11/01/2018(THURSDAY)

Relationship of Physical Education with general Education

WEEK 2, DAY 5, DATE :12/01/2018(FRIDAY)

1st group practical - Athletics - Track.

WEEK 2, DAY 6, DATE :13/01/2018(SATURDAY)

2nd group practical - Athletics - Track

WEEK 3

ASSIGNMENT:

WEEK 3, DAY 1, DATE :15/01/2018(MONDAY)

Need of Physical Education in the modern Society

WEEK 3, DAY 2, DATE :16/01/2018(TUESDAY)

Importance of Physical Education in the modern Society

WEEK 3, DAY 3, DATE :17/01/2018(WEDNESDAY)

Discussion of the objective type Questions.

WEEK 3, DAY 4, DATE :18/01/2018(THURSDAY)

Discussion of the objective type Questions

WEEK 3, DAY 5, DATE :19/01/2018(FRIDAY)

1st group practical - Athletics - Track - Rules and regulations

WEEK 3, DAY 6, DATE :20/01/2018(SATURDAY)

2nd group practical - Athletics - Track - Rules and regulations.

WEEK 4

① ASSIGNMENT: Preparation the objective type Questions of Unit 1

WEEK 4, DAY 1, DATE :22/01/2018(MONDAY)

Holiday on account of Basant Panchmi.

WEEK 4, DAY 2, DATE :23/01/2018(TUESDAY)

Assignment discussion and response of the students

WEEK 4, DAY 3, DATE :24/01/2018(WEDNESDAY)

Holiday on account of Sir Chotu Ram Jayanti.

WEEK 4, DAY 4, DATE :25/01/2018(THURSDAY)

① 1st Unit: Test

WEEK 4, DAY 5, DATE :26/01/2018(FRIDAY)

Holiday on account of Republic Day.

WEEK 4, DAY 6, DATE :27/01/2018(SATURDAY)

1st and 2nd group practical - Athletics -
800 mts Race - Rule and Regulations

WEEK 5

① **ASSIGNMENT:** Practical Lesson Plan of **Tracks and 800 mts.**

WEEK 5, DAY 1, DATE :29/01/2018(MONDAY)

Distribution and discussion of Unit 1

WEEK 5, DAY 2, DATE :30/01/2018(TUESDAY)

Meaning of Physical Fitness

WEEK 5, DAY 3, DATE :31/01/2018(WEDNESDAY)

Holiday on account of Guru Ravi Dass Jayanti

WEEK 5, DAY 4, DATE :01/02/2018(THURSDAY)

Components of Physical Fitness

WEEK 5, DAY 5, DATE :02/02/2018(FRIDAY)

1st group Practical - Athletics - Field -
Rule and Regulations

WEEK 5, DAY 6, DATE :03/02/2018(SATURDAY)

2nd group practical - Athletics - Field -
Rule and Regulations

WEEK 6

ASSIGNMENT:

WEEK 6, DAY 1, DATE :05/02/2018(MONDAY)

Components of Physical Fitness

WEEK 6, DAY 2, DATE :06/02/2018(TUESDAY)

Factors influencing Physical Fitness

WEEK 6, DAY 3, DATE :07/02/2018(WEDNESDAY)

Factors influencing Physical Fitness

WEEK 6, DAY 4, DATE :08/02/2018(THURSDAY)

1st group practical - Athletics - Field -
High Jump - Rule and Regulations

WEEK 6, DAY 5, DATE :09/02/2018(FRIDAY)

2nd group practical - Athletics - Field -
High Jump rule and regulations

WEEK 6, DAY 6, DATE :10/02/2018(SATURDAY)

Holiday on account of Maharshi Dayanand Saraswati Jayanti.

WEEK 7

② ASSIGNMENT: Practical Lesson Plan of High Jump

WEEK 7, DAY 1, DATE :12/02/2018(MONDAY)

Types of warming up

WEEK 7, DAY 2, DATE :13/02/2018(TUESDAY)

Holiday on account of Maha Shivaratri.

WEEK 7, DAY 3, DATE :14/02/2018(WEDNESDAY)

Warming up

WEEK 7, DAY 4, DATE :15/02/2018(THURSDAY)

Guiding Principles of warming up

WEEK 7, DAY 5, DATE :16/02/2018(FRIDAY)

1st group practical - Athletics - Hammer Throw
Rule and regulations

WEEK 7, DAY 6, DATE :17/01/2018(SATURDAY)

2nd group practical - Athletics - Hammer Throw
Rule and regulations

WEEK 8

② ASSIGNMENT: Preparation of objective type Questions of Unit 11
WEEK 8, DAY 1, DATE : 19/02/2018 (MONDAY)

Guiding Principles of warming up

WEEK 8, DAY 2, DATE : 20/02/2018 (TUESDAY)

Importance of warming up

WEEK 8, DAY 3, DATE : 21/02/2018 (WEDNESDAY)

Importance of warming up

WEEK 8, DAY 4, DATE : 22/02/2018 (THURSDAY)

Cooling down
Discussion of objective type Questions

WEEK 8, DAY 5, DATE : 23/02/2018 (FRIDAY)

1st group practical - Game - weightlifting
Rule and regulations

WEEK 8, DAY 6, DATE : 24/02/2018 (SATURDAY)

2nd group practical - Game - weightlifting
Rule and regulations

WEEK 9

② ASSIGNMENT: Prepar Lesson Plan of Weight Lifting.
WEEK 9, DAY 1, DATE :26/02/2018(MONDAY)

WEEK 9, DAY 2, DATE :27/02/2018(TUESDAY)

WEEK 9, DAY 3, DATE :28/02/2018(WEDNESDAY)

VACATION -II

WEEK 9, DAY 4, DATE :01/03/2018(THURSDAY)

VACATION -II

WEEK 9, DAY 5, DATE :02/03/2018(FRIDAY)

VACATION -II

WEEK 9, DAY 6, DATE :03/03/2018(SATURDAY)

VACATION -II

WEEK 10

② ASSIGNMENT: Preparation of objective type Questions Unit II.

WEEK 10, DAY 1, DATE :05/03/2018(MONDAY)

② Test Unit II

WEEK 10, DAY 2, DATE :06/03/2018(TUESDAY)

Meaning of Kriya

WEEK 10, DAY 3, DATE :07/03/2018(WEDNESDAY)

Distribution and discussion of Unit II Test

WEEK 10, DAY 4, DATE :08/03/2018(THURSDAY)

Objective of Sudhi Kriya

WEEK 10, DAY 5, DATE :09/03/2018(FRIDAY)

1st group practical - weight lifting

WEEK 10, DAY 6, DATE :10/03/2018(SATURDAY)

2nd group practical - weight lifting

WEEK 11

ASSIGNMENT:

WEEK 11, DAY 1, DATE :12/03/2018(MONDAY)

Objective of Sudhi Kriya

WEEK 11, DAY 2, DATE :13/03/2018(TUESDAY)

Types of Sudhi Kriya

WEEK 11, DAY 3, DATE : 14/03/2018 (WEDNESDAY)

Importance of Neti

WEEK 11, DAY 4, DATE : 15/03/2018 (THURSDAY)

Importance of Dhauti

WEEK 11, DAY 5, DATE : 16/03/2018 (FRIDAY)

1st group practical - Yogic Kriyas - Neti

WEEK 11, DAY 6, DATE : 17/03/2018 (SATURDAY)

2nd group practical - Yogic Kriyas - Neti

WEEK 12

ASSIGNMENT:

WEEK 12, DAY 1, DATE : 19/03/2018 (MONDAY)

Objectives of Nauli

WEEK 12, DAY 2, DATE : 20/03/2018 (TUESDAY)

Importance of Basti

WEEK 12, DAY 3, DATE :21/03/2018(WEDNESDAY)

Objectives of Basti

WEEK 12, DAY 4, DATE :22/03/2018(THURSDAY)

1st group practical - Yogic Krityas - Neti.

WEEK 12, DAY 5, DATE :23/03/2018(FRIDAY)

Holiday on account of Shahidi diwas.

WEEK 12, DAY 6, DATE :24/03/2018(SATURDAY)

2nd group practical - Yogic Krityas - Neti.

WEEK 13

ASSIGNMENT: Prepare Lesson Plan of Neti

WEEK 13, DAY 1, DATE :26/03/2018(MONDAY)

Objective of Kapalbhata

WEEK 13, DAY 2, DATE :27/03/2018(TUESDAY)

Objective of Kapalbhata

WEEK 13, DAY 3, DATE :28/03/2018(WEDNESDAY)

Objective of Trataka

WEEK 13, DAY 4, DATE :29/03/2018 (THURSDAY)

Holiday on account of Mahavir Jayanti.

WEEK 13, DAY 5, DATE :30/03/2018 (FRIDAY)

1st group practical -

WEEK 13, DAY 6, DATE :31/03/2018 (SATURDAY)

2nd group practical -

WEEK 14

ASSIGNMENT: Objective type of Unit III

WEEK 14, DAY 1, DATE :02/04/2018 (MONDAY)

Physiological Values of Suelhi Kriyas

WEEK 14, DAY 2, DATE :03/04/2018 (TUESDAY)

Physiological Values of Suelhi Kriyas

WEEK 14, DAY 3, DATE :04/04/2018 (WEDNESDAY)

Objective type Questions Unit- III

WEEK 14, DAY 4, DATE :05/04/2018 (THURSDAY)

Objective type of Questions Unit- III

WEEK 14, DAY 5, DATE :06/04/2018 (FRIDAY)

1st group practical - Sudhi Kriyas -
Kapalbhati

WEEK 14, DAY 6, DATE :07/04/2018 (SATURDAY)

2nd group practical - Sudhi Kriyas -
Kapalbhati

WEEK 15

ASSIGNMENT:

WEEK 15, DAY 1, DATE :09/04/2018 (MONDAY)

③

Unit III Test

WEEK 15, DAY 2, DATE :10/04/2018 (TUESDAY)

Meaning of Camping

WEEK 15, DAY 3, DATE :11/04/2018(WEDNESDAY)

Types of Camping

WEEK 15, DAY 4, DATE :12/04/2018(THURSDAY)

1st group practical — योग्य क्रिया-
Kapalbhati

WEEK 15, DAY 5, DATE :13/04/2018(FRIDAY)

2nd group practical — योग्य क्रिया-
Kapalbhati

WEEK 15, DAY 6, DATE :14/04/2018(SATURDAY)

Holiday on account of Vaisakhi & Dr B.R. Ambedkar's Jayanti.

WEEK 16

ASSIGNMENT:

WEEK 16, DAY 1, DATE :16/04/2018(MONDAY)

Distribution and discussion of Unit-III Test

WEEK 16, DAY 2, DATE :17/04/2018(TUESDAY)

Types of Camping

WEEK 16, DAY 3, DATE :18/04/2018(WEDNESDAY)

Holiday on account of Maharshi Pasuram Jayanti

WEEK 16, DAY 4, DATE : 19/04/2018 (THURSDAY)

Objective type Questions of Unit IV

WEEK 16, DAY 5, DATE : 20/04/2018 (FRIDAY)

1st group practical → Athletics → Revision

WEEK 16, DAY 6, DATE : 21/04/2018 (SATURDAY)

2nd group practical → Athletics → Revision

WEEK 17

ASSIGNMENT: Prepare objective type of questions Unit IV

WEEK 17, DAY 1, DATE : 23/04/2018 (MONDAY)

④ Test Unit IV

WEEK 17, DAY 2, DATE : 24/04/2018 (TUESDAY)

Distribution and discussion of Unit IV

WEEK 17, DAY 3, DATE : 25/04/2018 (WEDNESDAY)

Revision

WEEK 17, DAY 4, DATE :26/04/2018(THURSDAY)

Revision

WEEK 17, DAY 5, DATE :27/04/2018(FRIDAY)

Revision

WEEK 17, DAY 6, DATE :28/04/2018(SATURDAY)

Revision

WEEK 18

ASSIGNMENT:

WEEK 18, DAY 1, DATE :30/04/2018(MONDAY)

Revision.