

# Saraswati Mahila Mahavidyalaya, Palwal

## Lesson Plan :

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

Class and Section: BA III (6<sup>th</sup> Sem.)

Name of subject: Organization and Management of Physical Education

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)
Need of Tracke
WEEK 1, DAY 2, DATE :02/01/2018(TUESDAY)
Importance of Tracke
WEEK 1, DAY 3, DATE :03/01/2018(WEDNESDAY)
Importance of Tracke
WEEK 1, DAY 4, DATE :04/01/2018(THURSDAY)
1 <sup>st</sup> group practical - Tracke - Rule and Regulations
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)

WEEK 3

ASSIGNMENT:

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

Conduct of Annual Athletic Meet

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

Conduct of Annual Athletic Meet

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

Conduct of Annual Athletic Meet

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

Organization and Conduct of tournament

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

1<sup>st</sup> group practical - Trade - 3000 mtr

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

2<sup>nd</sup> group practical - Trade - 3000 mtr.

WEEK 4

ASSIGNMENT: Lesson Plan of Trade

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

Holiday on account of Basant Panchmi.

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

Organization and Conduct of tournament

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<sup>st</sup> group practical - Track - 4x400 relay races

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

Holiday on account of Republic Day.

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

2<sup>nd</sup> group practical - Track - 4x400 relay races

WEEK 5

ASSIGNMENT: Objective type Questions of Unit I

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

~~Test Unit I~~  
Discussion of objective type Questions Unit I

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

Test Unit I

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)

Distribution and discussion of Unit I

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

1<sup>st</sup> group practical - Track - 4x400 Mtr. relay races

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

2<sup>nd</sup> group practical - Track - 4x400 relay races

WEEK 6

ASSIGNMENT:

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

Meaning of Sports Management

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

Importance of Sports Management

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

Importance of Sports Management

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

1<sup>st</sup> group practical - Field - Rule and regulations

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

2<sup>nd</sup> group practical - Field - Rule and regulations

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

**Holiday on account of Maharshi Dayanand Saraswati Jayanti.**

WEEK 7

ASSIGNMENT:

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

Scope of Sports Management

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

**Holiday on account of Maha Shivaratri.**

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

Factors influencing sports Management

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

Factors influencing sports Management

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

1<sup>st</sup> group practical - Field - Pole Vault

WEEK 7, DAY 6, DATE :17/02/2018(SATURDAY)

2<sup>nd</sup> group practical - Field- Pole Vault

WEEK 8

ASSIGNMENT: Lesson Plan of Pole Vault  
WEEK 8, DAY 1, DATE : 19/02/2018 (MONDAY)

Qualification of Physical Education Teacher

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

Qualities of Physical Education Teacher

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

Qualities of Physical Education Teacher

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

Duties of an official Pre-game

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

1<sup>st</sup> group practical - Field- Pole Vault

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

2<sup>nd</sup> group practical - Field- Pole Vault

WEEK 9

ASSIGNMENT: Objective type Question of Unit - II  
WEEK 9, DAY 1, DATE : 26/02/2018 (MONDAY)

Duties of an official during game

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

Duties of an official post game

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

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

Test Unit II

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

Prevention of sports injuries

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

Distribution and discussion of Unit 11 Test

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

Prevention of sports injury

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

1<sup>st</sup> group practical - Game - Khe-Khe  
Rule and regulations

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

2<sup>nd</sup> group practical - Game - Khe-Khe  
Rule and regulations

WEEK 11

ASSIGNMENT:

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

Rehabilitation of sports injury

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



Various factors causing injury

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

Various factors causing injury

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

Principles of prevention of sports injury

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

1<sup>st</sup> group practical - Game - Kho-Kho  
Rule and regulations

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

2<sup>nd</sup> group practical - Game - Kho-Kho  
Rule and regulations

WEEK 12

ASSIGNMENT:

Lesson Plan of Kho-Kho

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

Principles of prevention of sports injury

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

Meaning of rehabilitation

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

Scope of rehabilitation

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

1<sup>st</sup> group practical - Game - Kabaddi  
Rule and regulations

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

Holiday on account of Shahidi diwas.

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

2<sup>nd</sup> group practical - Game - Kabaddi  
Rule and regulations

WEEK 13

ASSIGNMENT:

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

Facilities available for rehabilitation

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

Facilities available for rehabilitation

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

# Role of Physical Education in rehabilitation

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

Holiday on account of Mahavir jayanti.

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

1<sup>st</sup> group practical — Game — Kabaddi

Rule and regulations

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

2<sup>nd</sup> group practical — Game — Kabaddi

Rule and regulations

WEEK 14

ASSIGNMENT:

Objective type questions of Unit III

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

Discussion of objective type questions Unit III

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

Test Unit III

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

Meaning of Professional Preparation

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

Distribution and discussion of Unit-III Test

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

1<sup>st</sup> group practical - Game - Football  
Rule and regulations

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

2<sup>nd</sup> group practical - Game - Football  
Rule and regulations

WEEK 15

ASSIGNMENT: Lesson Plan of Kabaddi

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

Meaning of Professional Preparation

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

Definition and significance of Profession  
preparation in Physical Education

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

Definition and Significance of profession  
preparation in Physical Education

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

1<sup>st</sup> group practical — Game - Football  
Rule and regulations

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

2<sup>nd</sup> group practical — Game - Football  
Rule and regulations

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

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

WEEK 16

ASSIGNMENT: Objective-type Questions Unit- IV

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

Curriculum Design in Physical Education

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

Curriculum design in Physical Education

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)

Test Unit IV

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

1<sup>st</sup> group practical — Revision

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

2<sup>nd</sup> group practical — Revision

WEEK 17

ASSIGNMENT:

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

Distribution and discussion of Test Unit IV

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

Revision

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)

1<sup>st</sup> group practical - Revision

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

2<sup>nd</sup> group practical - Revision

WEEK 18

ASSIGNMENT:

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