Saraswati Mahila Mahavidyalaya, Palwal Department of Physical Education Lesson Plan – 2021 – 22

B.A. 1st Year (2nd Semester)

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| Lect. No. | **Topics** |
| 1. | Unit – (All Topics) Basket Ball  Discuss Throw Practice |
| 2. | Unit – 2nd (All topics) Boxing  110 mt hurdle (Practice) |
| 3. | Unit – 3rd (All Topics)  10000 mts Practical |
| 4. | Unit – 4th (All Topics)  Revision and Practical |