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

B.A. 2nd Year (4th Semester)

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| Lect. No. | **Topics** |
| 1. | Unit – 1st (All topics) Weight Lifting  Hammer Throw – Practical |
| 2. | Unit – 2nd (All Topics)  800 Mtr – Practical |
| 3. | Unit – 3rd (All Topics)  High Jump (Practical) |
| 4. | Unit – 4th (All topics)  Revision and Practice |