

**Lesson Plan**  
**(Even Sem)**  
**2023-24**  
**Subject- Physical Education**

**B.A.-I (Semester-II)**

**Month- January**

- Meaning, Importance of Health
- Meaning, Importance of Health Education in Modern Society
- Guiding Principle of Health Education
- Practical : Basketball^& Netball

**Month- February**

- Importance of Light and Cross ventilation at School & Home
- Meaning of Personnel Hygiene and its Importance
- Personal hygiene of the following: Teeth, Ears, Eyes, Skin, Nail & Fingers
- Practical : Boxing & Gymnastic

**Month- March**

- Meaning of Communicable diseases
- Mode of transmission
- Transmission & prevention of the following: HIV/AIDS, HEPATITIS-B & C, MALARIA, TUBERCULOSIS & CHOLERA
- Practical : Discus Throw, 110 meter. Hurdle, 10000 meter

**Month- April**

- Meaning, types & aims of yoga
- Procedure and benefits of following Asans: Surya Namaskar, Bhujang Asan, Hal Asan, Dhanur Asan, Ardh Machhender Asan, Chakar Asan, Matsay Asan, Karan Peera Asan, Mayur Asan and Setu Bandh Asan
- Revision

**Lesson Plan**  
**(Even Sem)**  
**2023-24**  
**Subject- Physical Education**

**B.A.-II (Semester-IV)**

Month- January

- Meaning and importance of Physical Education
- Aims and objectives of Physical Education
- Relationship of Physical Education with General Education
- Need of Physical Education in the modern society
- Practical : Korfball & Lawn-tennis

Month- February

- Meaning of Physical Fitness
- Components of Physical fitness (Speed, strength, Endurance, Flexibility, Agility)
- Factors influencing Physical fitness
- Warming up - cooling down
- Types of warming up
- Guiding principles of warming up
- Importance of warming up and cooling down
- Practical : Weightlifting & Swimming

Month- March

- Yogic Kriyas - Meaning and objectives of Sudhi Kriya
- Types of Sudhi Kriya, (Neti, Dhauti, Nauli, Basti, Kapalbhathi, Trataka).
- Physiological values of sudhi kiryas
- Practical : Hammer throw, 800 meter Race, High Jump

Month- April

- Meaning of camping
- Types of camping
- Educational values of camping
- All India Council of Sports (AICS)
- International Olympic Committee (IOC)
- Young Women Christian Association (YWCA)
- Sports Physical Aptitude Test (SPAT)
- Revision

**Lesson Plan**  
**(Even Sem)**  
**2023-24**  
**Subject- Physical Education**

**B.A.-III (Semester-VI)**

Month- January

- Need, Importance & characteristics of Track
- Care and maintenance of Track
- Conduct of Annual Athletic Meet
- Organization and conduct of tournament
- Practical Football & Kho-Kho

Month- February

- Meaning, importance and scope of Sports Management
- Factor influencing Sports Management
- Qualification and qualities of Physical Education teachers
- Duties of an official (Pre-game, during-game and post-game)
- Practical : Chess & Kabaddi (Haryana Style)

Month- March

- Sports Injuries - Prevention of sports injury
- Rehabilitation of sports injury & various factors causing injury
- Principles of prevention of sports injury
- Meaning and scope of rehabilitation, facilities available for rehabilitation
- Role of Physical Education teacher in Rehabilitation
- Practical : 3000 meter, 4x400 relay races, Pole vault

Month- April

- Meaning of Professional Preparation
- Definition and significance of profession preparation in Physical Education
- Curriculum Design in Physical Education
- Revision