

LESSON PLAN OF PHYSICAL EDUCATION

(April-June, 2022)

B.A.1st (SEMESTER-II)

HEALTH AND YOGA

APRIL

UNIT -I

- Meaning and importance of health and health education in modern society
- Guiding principal of health education
- Practical: kabaddi, discus throws

UNIT-II

- Personal hygiene: meaning, importance

MAY

UNIT-II

- Importance of light and cross ventilation
- Practical: Basketball, Relay Races

UNIT-III

- Communicable Disease: meaning
- Mode and prevention of communicable diseases
- Practical: Football, Tripple jump

JUNE

UNIT- IV/ TEST/ASSIGNMENT/ PRACTICAL FILE

- Meaning and types of yoga
- Procedure and benefits of asana
- Suryanamaskar
- Practical: wrestling
- Revision

Selanki
Dr. Jyoti Selanki

Jaya

B.A. 2nd (SEMESTER-IV)
PHYSICAL FITNESS AND YOGA

APRIL

UNIT -I

- Physical Education: Meaning and importance
- Aims, objectives and need of physical education
- Relationship of physical education with general education
- Practical: korfbal, hammer throw

UNIT-II

- Physical fitness: meaning and components
- Factors influencing physical fitness

MAY

UNIT-II

- Warming up and cooling down
- Practical: lawn tennis, 800 mts race

UNIT-III

- Yogic kriyas: meaning and objectives
- Types of kriyas
- Physiological values of shudhi kriyas
- Practical: weightlifting, high jump

JUNE

UNIT- IV/ TEST/ASSIGNMENT/ PRACTICAL FILE

- Camping: meaning and types
- Educational values of camping
- Role of agencies in promotion of games and sports
- Practical: Swimming
- Revision

Solanki
Dr. Jyoti Solanki

B.A. 3rd (SEMESTER-VI)

ORGANISATION AND MANAGEMENT OF PHYSICAL EDUCATION

APRIL

UNIT -I

- TRACK: need, importance, characteristics
- Care and maintenance of track
- Conduct of annual athletic meet
- Organization and conduct of tournaments
- Practical: Football, Relay Races

UNIT-II

- Sports management: meaning, importance and scope
- Factor influencing sports management

MAY

UNIT-II

- Qualification and qualities of physical education teacher
- Duties of an official
- Practical: Kho-Kho, chess, Pole Vault

UNIT-III

- Sports injuries: prevention and rehabilitation
- Meaning and scope of rehabilitation
- Role of physical education teacher in rehabilitation
- Practical: kabaddi

JUNE

UNIT-IV/ TEST/ASSIGNMENT/ PRACTICAL FILE

- Professional preparation: meaning, significance
- Curriculum design
- Practical: Long distance races
- Revision

Jaya
PHYSICAL EDUCATION