

## Lesson Plan

Name of the Assistant/ Associate Professor... Sunita... Kumari

Class and Section: ... B.A. Ind (Sem - 4<sup>th</sup>) .....

Subject: Phy. edu. (Physical Fitness & Yoga)

Week	Date	Topics
1	1-Jan-18	
	2-Jan-18	
	3-Jan-18	
	4-Jan-18	
	5-Jan-18	
	6-Jan-18	
	7-Jan-18	Sunday
2	8-Jan-18	Topics - Physical education
	9-Jan-18	Meaning of Physical education
	10-Jan-18	Importance of Physical education
	11-Jan-18	test
	12-Jan-18	Practical classes
	13-Jan-18	Practical classes
	14-Jan-18	Sunday
3	15-Jan-18	Aim of Physical education
	16-Jan-18	Objectives of Phy. edu.
	17-Jan-18	oral test
	18-Jan-18	written test
	19-Jan-18	Game Practical
	20-Jan-18	Athletics Practical
	21-Jan-18	Sunday
4	22-Jan-18	Vasant Panchami
	23-Jan-18	Relationship of Physical education
	24-Jan-18	Sir Chhotu Ram Jayanti
	25-Jan-18	Physical education with General edu.
	26-Jan-18	Republic Day
	27-Jan-18	oral
	28-Jan-18	Sunday
5	29-Jan-18	Written test
	30-Jan-18	Game Practical class
	31-Jan-18	Athletics " "

## Lesson Plan

Name of the Assistant/ Associate Professor... Surita Kumari

Class and Section: ... B.A. Ind. (Sem. 4th)

Subject: ... Phy. edu.

Week	Date	Topics
		- Phy. edu. / Physical Fitness
	1-Feb-18	Need of Phy. edu in the modern society
	2-Feb-18	total unit - oral test
	3-Feb-18	" " written test
	4-Feb-18	Sunday
6	5-Feb-18	Meaning of Physical fitness
	6-Feb-18	Factors influencing Phy. fitness
	7-Feb-18	Warming up - cooling down
	8-Feb-18	(a) Types of warming up
	9-Feb-18	(b) Guiding principles of warming up
	10-Feb-18	Maharshi Dayanand Saraswati Jayanti
	11-Feb-18	Sunday
7	12-Feb-18	(c) Importance of warming up & cooling down
	13-Feb-18	Maha Shivratri
	14-Feb-18	Practical classes
	15-Feb-18	" "
	16-Feb-18	oral test
	17-Feb-18	written test
	18-Feb-18	Sunday
8	19-Feb-18	Speed, strength, Endurance
	20-Feb-18	Flexibility, Agility
	21-Feb-18	Practical classes
	22-Feb-18	" "
	23-Feb-18	Warming up - oral test
	24-Feb-18	Cooling down - " "
	25-Feb-18	Sunday
9	26-Feb-18	Principal of Phy. fitness
	27-Feb-18	Factor of Phy. fitness
	28-Feb-18	Unit - II test

## Lesson Plan

Name of the Assistant/ Associate Professor... Sanita Kumari

Class and Section:... B.A. Ind (Sem-4th)

Subject:... Phy. edu.

Week	Date	Topics
		<u>Yogic Kriyas</u>
	1-Mar-18	Guru Ravidas Birthday
	2-Mar-18	Holi
	3-Mar-18	Meaning of Yogic Kriyas
	4-Mar-18	Sunday
10	5-Mar-18	Objectives of Sudhi Kriya
	6-Mar-18	Types of Sudhi Kriya
	7-Mar-18	Neti, Dhauti
	8-Mar-18	oral test
	9-Mar-18	Game Practical class
	10-Mar-18	Athletics " "
	11-Mar-18	Sunday
11	12-Mar-18	Basti, Tarataka
	13-Mar-18	Kapalbhati
	14-Mar-18	learn this topics
	15-Mar-18	oral test
	16-Mar-18	practical class
	17-Mar-18	Athletics "
	18-Mar-18	Sunday
12	19-Mar-18	Written test
	20-Mar-18	Physiological values
	21-Mar-18	of sudhi kriyas
	22-Mar-18	revise this topics
	23-Mar-18	practical class
	24-Mar-18	Athletics class
	25-Mar-18	Sunday/ Ram Navami
13	26-Mar-18	Meaning & Objectives of Sudhi Kriya
	27-Mar-18	Types of Sudhi Kriya
	28-Mar-18	revise complet Unit III
	29-Mar-18	Mahavir Jayanti
	30-Mar-18	oral test
	31-Mar-18	Written test

## Lesson Plan

Name of the Assistant/ Associate Professor....Sunita Kumari

Class and Section:....B.A. Ind. (Sem. 4th).....

Subject:.....Phy. edu.....

Week	Date	Topics
		<u>Camping</u>
14	1-Apr-18	Sunday
	2-Apr-18	Meaning of camping
	3-Apr-18	types of camping
	4-Apr-18	sewage.
	5-Apr-18	written test
	6-Apr-18	game. practical class
	7-Apr-18	Athletics " "
	8-Apr-18	Sunday
15	9-Apr-18	oral test
	10-Apr-18	written test
	11-Apr-18	Objective of camping
	12-Apr-18	Aim of camping
	13-Apr-18	practical class
	14-Apr-18	Dr Ambedkar Jayanti / Vaisakhi
	15-Apr-18	Sunday
16	16-Apr-18	Aim & Objective of camping
	17-Apr-18	oral test
	18-Apr-18	Parashurama Jayanti
	19-Apr-18	Meaning & Definition of
	20-Apr-18	Camping
	21-Apr-18	Review this topics
	22-Apr-18	Sunday
17	23-Apr-18	oral test of complet Unit IV
	24-Apr-18	Review complet Unit IV
	25-Apr-18	written test
	26-Apr-18	Review the total topics
	27-Apr-18	Practical class
	28-Apr-18	" "