

## Lesson Plan

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

Class and Section: B.A. (Sem. 6th)

Subject: Phy. Edu. (Organization & Management)

Week	Date	Topics
1	1-Jan-18	<u>Track</u>
	2-Jan-18	<u>BRACK</u>
	3-Jan-18	
	4-Jan-18	<u>WINTER</u>
	5-Jan-18	
	6-Jan-18	
	7-Jan-18	Sunday
2	8-Jan-18	Need of Track
	9-Jan-18	Importance & Characteristics of Track
	10-Jan-18	Care & maintenance of Track
	11-Jan-18	Rewagen
	12-Jan-18	Conduct of Annual
	13-Jan-18	Practical class
	14-Jan-18	Sunday
3	15-Jan-18	Conduct of Annual Athletic meet
	16-Jan-18	Oral test
	17-Jan-18	Written test
	18-Jan-18	conduct of tournament
	19-Jan-18	Organization
	20-Jan-18	Practical class
	21-Jan-18	Sunday
4	22-Jan-18	Vasant Panchami
	23-Jan-18	Oral test
	24-Jan-18	Sir Chhotu Ram Jayanti
	25-Jan-18	Need, Importance of Track
	26-Jan-18	Republic Day
	27-Jan-18	Rewagen
	28-Jan-18	Sunday
5	29-Jan-18	Practical class
	30-Jan-18	Rewagen of Unit -I
	31-Jan-18	Written Test " "

## Lesson Plan

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

Class and Section: B.A. IIIrd (Sem. - 6th)

Subject: Phy. Edu.

Week	Date	Topics
		<u>Sports Management</u>
	1-Feb-18	Meaning of Sports Management
	2-Feb-18	Importance of Sports Management
	3-Feb-18	Practical classes
	4-Feb-18	Sunday
6	5-Feb-18	Factor influencing sports management
	6-Feb-18	Review
	7-Feb-18	Oral test
	8-Feb-18	Practical classes
	9-Feb-18	Athletics class
	10-Feb-18	Maharshi Dayanand Saraswati Jayanti
	11-Feb-18	Sunday
7	12-Feb-18	Qualification of Phy. Edu. teachers
	13-Feb-18	Maha Shivratri
	14-Feb-18	Qualities of Phy. Edu. teachers
	15-Feb-18	Review
	16-Feb-18	Game Practical class
	17-Feb-18	Athletics class
	18-Feb-18	Sunday
8	19-Feb-18	Duties of an official
	20-Feb-18	Pre - game Duties
	21-Feb-18	During - game Duties
	22-Feb-18	Post - game Duties
	23-Feb-18	Review
	24-Feb-18	Written test
	25-Feb-18	Sunday
9	26-Feb-18	Game Practical class
	27-Feb-18	Athletics class
	28-Feb-18	Review

## Lesson Plan

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

Class and Section: ... B.A III<sup>rd</sup> (Sem - 6<sup>th</sup>) .....

Subject: ... Phy. Edu .....

Week	Date	Topics
		<u>Sports Injuries</u>
	1-Mar-18	Guru Ravidas Birthday
	2-Mar-18	Holi
	3-Mar-18	Prevention of sports injury
	4-Mar-18	Sunday
10	5-Mar-18	Rehabilitation of sports injury
	6-Mar-18	Various factors causing injury
	7-Mar-18	Reuagen
	8-Mar-18	Principles of Prevention
	9-Mar-18	Game Practical class
	10-Mar-18	Athletics " "
	11-Mar-18	Sunday
11	12-Mar-18	Meaning of rehabilitation
	13-Mar-18	Scope of " "
	14-Mar-18	Facilities available for rehabilitation
	15-Mar-18	Reuagen
	16-Mar-18	Practical class
	17-Mar-18	Athletics Practical class
	18-Mar-18	Sunday
12	19-Mar-18	Role of Physical edu. teacher
	20-Mar-18	in rehabilitation.
	21-Mar-18	oral test
	22-Mar-18	Written test
	23-Mar-18	Game Practical class
	24-Mar-18	Athletics " "
	25-Mar-18	Sunday/ Ram Navami
13	26-Mar-18	Sports Injury & rehabilitation
	27-Mar-18	Principles of Prevention of sports Injury
	28-Mar-18	Scope of rehabilitation
	29-Mar-18	Mahavir Jayanti
	30-Mar-18	Reuagen
	31-Mar-18	Written test

## Lesson Plan

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

Class and Section:... B.A. 3rd (Sem - 6th)

Subject:... Phy. edu.

Week	Date	Topics
		<u>Professional Preparation</u>
14		Sunday
	1-Apr-18	
	2-Apr-18	Meaning of Preparation
	3-Apr-18	Definition of Preparation
	4-Apr-18	Significance of Profession Preparation
	5-Apr-18	Rewagen
	6-Apr-18	Game Practical class
	7-Apr-18	Athletics Practical class
	8-Apr-18	Sunday
15		
	9-Apr-18	Curriculum Design in Phy. edu.
	10-Apr-18	oral test
	11-Apr-18	written test
	12-Apr-18	Game Practical class
	13-Apr-18	Athletics Practical class
	14-Apr-18	Dr Ambedkar Jayanti / Vaisakhi
	15-Apr-18	Sunday
16		
	16-Apr-18	Meaning of Professional Preparation
	17-Apr-18	Definition " "
	18-Apr-18	Parashurama Jayanti
	19-Apr-18	Significance of Profession Preparation in Phy. edu.
	20-Apr-18	Rewagen
	21-Apr-18	Practical class
	22-Apr-18	Sunday
17		
	23-Apr-18	Curriculum Design in Phy. edu.
	24-Apr-18	oral test for total unit
	25-Apr-18	written test " "
	26-Apr-18	Game Practical class
	27-Apr-18	Athletics " class