

DEV SAMAJ COLLEGE FOR GIRLS (LAHORE), AMBALA CITY

WEEK WISE LESSON PLAN

PERIOD - JAN 2018 to APRIL 2018

Name of Lecturer:-	Roaman Devi	Class :-	B.A. III <sup>rd</sup> (Sem - VI <sup>th</sup> )
Department :-	Physical Education	Name of Subject :-	Health & Physical Education
<b>January</b>			
Week -1 (1-6)	<p><u>Therary</u> → Concept of Motivation and Socialization: - meaning and definition of motivation</p> <p><u>Practical</u> → meaning of Pranayam and benefits</p>		
Note :-	7 jan - Sunday		
Week -2 (8-13)	<p><u>Therary</u> → Types of motivation, Importance of motivation in sports</p> <p><u>Practical</u> → Types of Pranayam and benefits</p>		
Note :-	14 jan - Sunday		
Week -3 (15-20)	<p><u>Therary</u> → meaning of Socialization, meaning of Socialization through sports &amp; revision of some topics</p> <p><u>Practical</u> → Ground specification of volley ball</p>		
Note :-	21 jan - Sunday		
Week -4 (22-27)	<p><u>Therary</u> → effect of Social behavior of Performance of sports person</p> <p><u>Practical</u> → General rules of Volley ball</p>		
Note :-	22 jan - Vasant Panchami, 24 jan - Sir Chhotu Ram Jayanti, 26 jan - Republic Day, 28 jan - Sunday		
Week -5 (29-31)	<p><u>Therary</u> → Revision some topics and test</p> <p><u>Practical</u> → General Skill of Volley ball</p>		
Note :-			
<b>February</b>			
Week -1 (1-3)	<p><u>Therary</u> → Concept of Sports and Doping, meaning and definition of Sports training</p> <p><u>Practical</u> → Coaching given to students for playing volley ball</p>		
Note :-	4 Feb - Sunday		
Week -2 (5-10)	<p><u>Therary</u> → Factors affecting Sports training, Types of Sports training</p> <p><u>Practical</u> → Tying of different types of bandages</p>		
Note :-	10 Feb - Maharshi Dayanand Saraswati Jayanti, 11 Feb - Sunday		
Week -3 (12-17)	<p><u>Therary</u> → meaning of Circuit training and benefits</p> <p>meaning of Interval training and benefits</p> <p><u>Practical</u> → Tying of different arm sling</p>		
Note :-	13 Feb - Maha Shivratri, 18 Feb - Sunday		
Week -4 (19-24)	<p><u>Therary</u> → meaning of First Aid, meaning of injuries</p> <p><u>Practical</u> → meaning of Continuous Training, meaning of Doping</p>		
Note :-	25 Feb - Sunday		
Week -5 (26-28)	<p><u>Therary</u> → Types of doping and effect on health of doping</p> <p>Assessment Test and revision of some topics</p>		
Note :-			

## March

Week -1 (1-3)	
Note :-	1 March - Guru Ravidas Birthday, 2 March - Holi, 4 March - Sunday
Week -2 (5-10)	<u>Theory</u> → meaning and definition of Sports Biomechanics and Importance of Biomechanics in Sports <u>Practical</u> → Items of First aid box and their uses
Note :-	11 March - Sunday
Week -3 (12-17)	<u>Theory</u> → meaning of Newton's Laws of motion, Types of Newton's Laws of motion <u>Practical</u> → ground Specification of hockey
Note :-	18 March - Sunday
Week -4 (19-24)	<u>Theory</u> → Newton's Laws of motion application in Sports, meaning of Levers <u>Practical</u> → General rules of hockey
Note :-	23 March - Shaheed Diwas of Bhagat Singh, Rajguru & Sukhdev, 25 March - Sunday / Ram Navami
Week -5 (26-31)	<u>Theory</u> → Types of Levers and their application in Sports, Assessment test and revision of some <u>Practical</u> → First Aid for different injuries and Circumstance Topics
Note :-	29 March - Mahavir Jayanti

## April

Week -1 (2-7)	<u>Theory</u> → Anatomy & Physiology :- meaning of Digestive System, organs of digestive System <u>Practical</u> → general Skill of hockey
Note :-	1 April - Sunday, 8 March - Sunday
Week -2 (9-14)	<u>Theory</u> → Structure of digestive System, Mechanism of food digestion <u>Practical</u> → coaching given to students for playing hockey
Note :-	14 April - Dr. Ambedkar Jayanti / Vaisakhi, 15 April - Sunday
Week -3 (16-21)	<u>Theory</u> → effects of exercise on digestive System and revision of some topics & Test
Note :-	18 April - Parashurama Jayanti, 22 April - Sunday
Week -4 (23-28)	<u>Theory</u> → Short-Question unit no. I <sup>st</sup> & II <sup>nd</sup> and revisions
Note :-	29 April - Sunday
Week -5 (30)	<u>Theory</u> → Short-Question unit no. III <sup>rd</sup> & IV <sup>th</sup> and revisions
Note :-	

Rooman