

# KVA DAV College for Women, Karnal

## Lesson plan for the Even semester (April, 2022 to July, 2022)

Name of the Teacher – Dr.Suman

Subject- Health and Physical Education

Class- B.A 2<sup>nd</sup> semester

<b>April, 2022</b> <b>2<sup>nd</sup> Week</b> <b>4 April -9 April</b>	(P) Introduction of Syllabus, Meaning and Definition of Health Education, Aim and Objectives of Health Education, Scope of Health Education, (P) Name of Human Bones
<b>10 April, 2022</b>	<b>Sunday</b>
<b>3<sup>rd</sup> Week</b> <b>11 April-16 April</b>	Importance of Health Education in Modern Society, Meaning of First Aid ,Aim and Objectives of First Aid,(P) Identification of Human Bones
<b>14 April, 2022</b> <b>17 April, 2022</b>	<b>Vaisakhi</b> <b>Sunday</b>
<b>4<sup>th</sup> Week</b> <b>18 April- 23 April</b>	(P) Identification of Human Bones, General Principles of First Aid ,First Aid for Snake Biting, Drowning and Electric shock, Burns,(P) Revision on Human Bones,(P) Oral Test
<b>24 April, 2022</b>	<b>Sunday</b>
<b>5<sup>th</sup> Week</b> <b>25 April -30 April</b>	Bleeding and Nose Bleeding, Revision work, Unit 2: Pre Independence Historical Development of Physical Education,(P) Revision on Human Bones
<b>1 May, 2022</b>	<b>Sunday</b>
<b>May 2022</b> <b>1<sup>st</sup> Week</b> <b>2 May -7 May</b>	Post Independence of Physical Education in India, Post Independence of Physical Education in India, Indian Olympic Association, Sports Authority of India,(P) Ground Specification of Kho-Kho,
<b>3 May , 2022</b> <b>8 May , 2022</b>	<b>Eid-ul-Fitr</b> <b>Sunday</b>
<b>2<sup>nd</sup> Week</b> <b>9 May -14 May</b>	S.A.I., NSNIS, YMCA, Haryana Sports Policy, (P) General Rules and Skills of Kho-Kho, National Sports Policy
<b>15 May, 2022</b>	<b>Sunday</b>
<b>3<sup>rd</sup> Week</b> <b>16 May-21 May</b>	National Sports Policy, Revision work ,Test of Unit 1 and Unit 2, (P) Ground Specification of Badminton

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22 May, 2022	<b>Sunday</b>
May, 2022 4 <sup>th</sup> Week 23 May--28 May	<b>Sessionals</b> Unit 3: Meaning & Definition of Physical fitness, Importance of Physical fitness, Components of Physical fitness, (P) General Rules and Skills of Badminton
29 May, 2022	<b>Sunday</b>
5 <sup>th</sup> Week 30 May -31 May	Components of Physical fitness,
June 2022 1 <sup>st</sup> week 1 June - 4 June	Principles of Physical fitness ,Factors influencing Physical fitness,(P) Ground Specification of Cricket
2 June, 2022 5 June, 2022	<b>Maharana Pratap Jayanti</b> <b>Sunday</b>
2 <sup>nd</sup> Week 6 June –11 June	Factors influencing Physical fitness, Meaning of Isometric, Isotonic and Isokmetic exercise, <b>Revision work</b> , (P) General Rules and Skill of cricket
3 <sup>rd</sup> Week 13 June-18 June	Unit 4: Anatomy of Human Bone, <b>Types of Human Bones</b> , (P) <b>Revision work of Kho-kho</b> ,(P) Revision work of Badminton
4 <sup>th</sup> Week 20 June-25 June	Functions of bones, <b>Meaning and Types of Joints</b>
5 <sup>th</sup> Week 27 June-30 June	Meaning and Types of Joints, (P) Revision work
July 2022 1 <sup>st</sup> Week 1 July-2 July	Revision theory and practical
2 <sup>nd</sup> Week 4 July-9 July	Revision theory and practical
3 <sup>rd</sup> Week 11 July-16 July	Revision theory and practical

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April, 2022 2 <sup>nd</sup> Week 4 April -9 April	(P) Introduction of Syllabus, Meaning of warming Up, Types of Warming Up ,Significance of warming Up, (P) Meaning of B.M.I.,
10 April, 2022	<b>Sunday</b>
3 <sup>rd</sup> Week 11 April-16 April	Significance of warming Up, Meaning of Cooling down, Types of cooling down, Significance of Cooling down, (P) Normal Range of B.M.I. for children
14 April, 2022 17 April, 2022	<b>Vaisakhi</b> <b>Sunday</b>
4 <sup>th</sup> Week 18 April- 23 April	Methods of Warming up and Cooling down, Physiological Aspects of Warming up and Cooling down, (P) Normal Range of B.M.I. for men and women
24 April, 2022	<b>Sunday</b>
5 <sup>th</sup> Week 25 April -30 April	Unit 2: Meaning of Psychology and Sports Psychology, Need and importance of Sports Psychology, Meaning of Learning,(P) Revision of B.M.I.
1 May, 2022	<b>Sunday</b>
May 2022 1 <sup>st</sup> Week 2 May -7 May	Law of Learning, Meaning and types of learning curves, (P) Practice how to calculate B.M.I.
3 May , 2022 8 May , 2022	<b>Eid-ul-Fitr</b> <b>Sunday</b>
2 <sup>nd</sup> Week 9 May -14 May	Meaning and types of learning curves, Revision work of Unit 2 ,Test of Unit 1 and unit 2, (P) Ground Specifications of Basket Ball, Unit 3: Ancient Olympic Games
15 May, 2022	<b>Sunday</b>
3 <sup>rd</sup> Week 16 May-21 May	Unit 3: Ancient Olympic Games, Modern Olympic Games, (P) General Rules of Basket Ball

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22 May, 2022	<b>Sunday</b>
May, 2022 4 <sup>th</sup> Week 23 May--28 May	<b>Sessionals</b> Modern Olympic Games ,Asian Games ,Commonwealth Games,(P) General Skills of Basket Ball
29 May, 2022	<b>Sunday</b>
5 <sup>th</sup> Week 30 May -31 May	Revision work, Unit test 3
June 2022 1 <sup>st</sup> week 1 June - 4 June	Unit 4: Respiratory System, Structure of Respiratory organs, (P) Ground Specifications of Kabbadi
2 June, 2022 5 June, 2022	<b>Maharana Pratap Jayanti</b> <b>Sunday</b>
2 <sup>nd</sup> Week 6 June –11 June	Structure of Respiratory organs, ,(P) General Skills of kabbadi, Ground Specifications of Football
3 <sup>rd</sup> Week 13 June-18 June	Effects of exercise on Respiratory system, Physiology of Respiratory System
4 <sup>th</sup> Week 20 June-25 June	<b>Tidal Volume</b> , Residual Volume and total Lungs capacity, <b>(P) General Rules and skills of Football</b>
5 <sup>th</sup> Week 27 June-30 June	Revision work, <b>Practice of Respiratory system Diagram</b> , Unit test 4,
July 2022 1 <sup>st</sup> Week 1 July-2 July	Revision of syllabus
2 <sup>nd</sup> Week 4 July-9 July	Revision of syllabus
3 <sup>rd</sup> Week 11 July-16 July	(P) Revision work

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<b>April, 2022</b> <b>2<sup>nd</sup> Week</b> <b>4 April -9 April</b>	Introduction of Syllabus, (P) Judo, Meaning of Motivation, Definition of Motivation, Types of Motivation
<b>10 April, 2022</b>	<b>Sunday</b>
<b>3<sup>rd</sup> Week</b> <b>11 April-16 April</b>	(P) Self Defense, Importance of Motivation in Physical Education, Meaning of Socialization
<b>14 April, 2022</b> <b>17 April, 2022</b>	<b>Vaisakhi</b> <b>Sunday</b>
<b>4<sup>th</sup> Week</b> <b>18 April- 23 April</b>	Socialization through Sports, (P) First Aid, Effects of Social Behaviour on the performance of Sports persons
<b>24 April, 2022</b>	<b>Sunday</b>
<b>5<sup>th</sup> Week</b> <b>25 April -30 April</b>	Effects of Social Behaviour on the performance of Sports persons ,Revision work,(P) First Aid,(P) Items of First Aid
<b>1 May, 2022</b>	<b>Sunday</b>
<b>May 2022</b> <b>1<sup>st</sup> Week</b> <b>2 May -7 May</b>	Unit 2: Meaning of Sports Training, Factors Affecting Sports Training, Factors Affecting Sports Training
<b>3 May , 2022</b> <b>8 May , 2022</b>	<b>Eid-ul-Fitr</b> <b>Sunday</b>
<b>2<sup>nd</sup> Week</b> <b>9 May -14 May</b>	(P) First Aid for different injuries, Factors Affecting Sports Training, Circuit training
<b>15 May, 2022</b>	<b>Sunday</b>
<b>3<sup>rd</sup> Week</b> <b>16 May-21 May</b>	Interval training, Revision work, (P) Group Discussion, Continuous Training, Meaning of Doping

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<b>22 May, 2022</b>	<b>Sunday</b>
<b>May, 2022</b> <b>4<sup>th</sup> Week</b> 23 May--28 May	<b>Sessionals</b> Meaning of Doping,Types of Doping,(P) Types of Bandages
<b>29 May, 2022</b>	<b>Sunday</b>
<b>5<sup>th</sup> Week</b> <b>30 May -31</b> <b>May</b>	(P) Types of Bandages, Types of Doping
<b>June 2022</b> <b>1<sup>st</sup> week</b> <b>1 June - 4 June</b>	Effects of Doping on Health, Revision work,(P) Types of Bandages
<b>2 June, 2022</b> <b>5 June, 2022</b>	<b>Maharana Pratap Jayanti</b> <b>Sunday</b>
<b>2<sup>nd</sup> Week</b> <b>6 June –11</b> <b>June</b>	Test of Unit 1 and Unit 2 ,Unit 3: Meaning and Definition of Sports, (P) Types of Bandages, Biomechanics, Importance of Biomechanics in Sports
<b>3<sup>rd</sup> Week</b> <b>13 June-18</b> <b>June</b>	(P) Types of Arm Stings ,Law of Motion ,Meaning and types of Lever ,Unit test 3
<b>4<sup>th</sup> Week</b> <b>20 June-25</b> <b>June</b>	Types of Arm Stings, Revision , <b>Unit 4: Meaning of Digestive System</b> , Organs of Digestive System ,Structure of Digestive System
<b>5<sup>th</sup> Week</b> <b>27 June-30</b> <b>June</b>	<b>(P) Group Discussion, Structure of Digestive System</b> , Mechanism of Digestive System,
<b>July 2022</b> <b>1<sup>st</sup> Week</b> <b>1 July-2 July</b>	Effect of exercise on Digestive System, <b>(P) Revision work</b> , Practice of Diagrams, Revision of Unit 4, Unit test 4
<b>2<sup>nd</sup> Week</b> <b>4 July-9 July</b>	<b>Revision of syllabus</b>
<b>3<sup>rd</sup> Week</b> <b>11 July-16 July</b>	(P) Revision work