Name of the Teacher - Asst.Prof Rajneesh   Class and Section - B. A 2nd (4th Sem)   Subject- Health and Physical education   Deficiency/ Surplus   Subject - Health and Physical education   Deficiency/ Surplus   Deficiency			Lesson Plan	Weekly Review	
Date   Days   Week 1 (9-15 JAN) Topics   Covered   Reason	Name of the	e Teacher -	Asst.Prof Rajneesh	-	
Date   Days   Week 1 (9-15 JAN) Topics   Covered   Reason	Class and S	ection- B.A	2nd (4th Sem)		
Date   Days   Week 1 (9-15 JAN) Topics   Covered   Reason	Subject- He	alth and Ph	ysical education		
9-Jan-20 Thursday Introduction of B.M.I 10-Jan-20 Friday Normal Range of B.M.I 11-Jan-20 Saturday B.M.I for children and Men/Women 12-Jan-20 Sunday SUNDAY 13-Jan-20 Monday Introduction of warming up 14-Jan-20 Tuesday Introduction of Cooling down 15-Jan-20 Wednesday ethod of Cooling down &Warming up 16-Jan-20 Thursday Specifications of football 17-Jan-20 Friday General rules and Skills of football 18-Jan-20 Sunday SUNDAY 20-Jan-20 Monday Revision of 1st chapter 22-Jan-20 Wednesday Concept of psychological Aspects Week 3 (23-29 Jan) Topics 23-Jan-20 Thursday Specifications of Basketball 24-Jan-20 Friday General rules and Skills of Basketball 25-Jan-20 Saturday Practice of Basketball 26-Jan-20 Sunday SUNDAY 27-Jan-20 Thursday Specifications of Basketball 28-Jan-20 Thursday Specifications of Basketball 29-Jan-20 Saturday Practice of Basketball 29-Jan-20 Tuesday Law of learning 29-Jan-20 Tuesday Law of learning 30-Jan-20 Thursday Basant Panchmi 31-Jan-20 Friday Practice of Basketball and football 1-Feb-20 Saturday Game will Held 2-Feb-20 Sunday SUNDAY 3-Feb-20 Tuesday Revision of 2nd chapter  Week 5 (6 Feb-12 Feb) Topics 6-Feb-20 Thursday Specifications of kabbadi 7-Feb-20 Friday General rules and Skills of kabbadi					Surplus
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·	7-Feb-20		1		
	8-Feb-20		Practice of kabbadi		
9-Feb-20 Sunday SUNDAY					

10-Feb-20	Monday	erbal test conduct of complete syllabu	18
11-Feb-20	Tuesday	PPT of B.M.I	
12-Feb-20	,	PPT of psychological Aspects	
	<i>y</i>	Week 6 (13 Feb-19 Feb) Topics	
13-Feb-20	Thursday	Revision of B.M.I	
14-Feb-20	Friday	Test Of B.M.I	
15-Feb-20	Saturday	Held the Game of kabbadi	
16-Feb-20	Sunday	SUNDAY	
17-Feb-20	Monday	Introduction of sports event	
18-Feb-20	Tuesday	Major of sports event	
19-Feb-20	Wednesday	Ancient Olympic Games	
		Week 7( 20 Feb-26 Feb) Topics	
20-Feb-20	Thursday	Modern Olympic Games	
21-Feb-20	Friday	Maha Shivratri	
22-Feb-20	Saturday	Match of Volleyball	
23-Feb-20	Sunday	SUNDAY	
24-Feb-20	Monday	year and venue of Olympic games	
25-Feb-20	Tuesday	sports included in asian games	
26-Feb-20	Wednesday	Venues of Asian Games	
		Week 8(27 Feb-04 March) Topics	
27-Feb-20	Thursday	Common wealth Games	
28-Feb-20	Friday	Athletics specifications	
29-Feb-20	Saturday	Discuss throw practice	
1-Mar-20	Sunday	SUNDAY	
2-Mar-20	Monday	Year and place of games held so far	
3-Mar-20	Tuesday	Revision of 3rd chapted	
4-Mar-20	Wednesday	Test of 3rd chapter	
		Week 9( 05 March-11 March) Topics	
5-Mar-20	Thursday	long jump specifications	
6-Mar-20	Friday	long jump rules and general skills	
7-Mar-20	Saturday	practice of long jump	
8-Mar-20	Sunday	SUNDAY	
9-Mar-20	Monday	Introduction of anatomy	
10-Mar-20	Tuesday	Holi	
11-Mar-20	Wednesday	Introduction of physiology	
		Week 10(12 March- 18 March) Topics	
12-Mar-20	Thursday	General rules of Discus throw	
13-Mar-20	Friday	Skills of Discus throw	
14-Mar-20	Saturday	practice of Discus throw	
15-Mar-20	Sunday	SUNDAY	
16-Mar-20	Monday	Structure of Respiratory Organs	
17-Mar-20	Tuesday	Physiology of Respiratory system	

18-Mar-20	Wednesday	Effects of Exercise on Respiratory sys	
10 14141 20	rreariesday	Week 11(19 March- 25 March) Topics	
19-Mar-20	Thursday	Terminology of Respiratory	
20-Mar-20	Friday	Tidal volume of Respiratory system	
21-Mar-20	Saturday	Residual volume of Respiratory system	n
22-Mar-20	Sunday	SUNDAY	
23-Mar-20	Monday	Shaheedi Diwas	
24-Mar-20	Tuesday	Total lung capacity	
25-Mar-20	,	Revised the full 4th chapter	
25-17141-20	vvcancsaay	Week 12(26 March- 01 April) Topics	
26-Mar-20	Thursday	matche of kabbadi	
27-Mar-20	Friday	practice of football	
28-Mar-20	Saturday	matche of football	
29-Mar-20	Sunday	SUNDAY	
30-Mar-20	Monday	Practical file work	
31-Mar-20	Tuesday	Practical viva questions	
		Revised the viva questions	
1-Apr-20	vveunesuay	1	
2 4 2 20	Theres	Week 13( 02 April-8 April) Topics Ram Nawmi	
2-Apr-20	Thursday		
3-Apr-20	Friday	Sessional (80 percent sylbs)	
4-Apr-20	Saturday	Sessional(80 percent sylbs) SUNDAY	
5-Apr-20	Sunday		
6-Apr-20	Monday	Mahaveer Jayanti	
7-Apr-20	Tuesday	Sessional(80 percent sylbs)	
8-Apr-20	Wednesday	Sessional(80 percent sylbs)	
0.4.20	- T	Week 14(09 April-15 April) Topics	
9-Apr-20	Thursday	Sessional(80 percent sylbs)	
10-Apr-20	Friday	Sessional(80 percent sylbs)	
11-Apr-20	Saturday	Dimensions of kho-kho	
12-Apr-20	Sunday	SUNDAY	
13-Apr-20	Monday	Terminology Related to kho-kho	
14-Apr-20	Tuesday	Dr B.R Ambedkar Jayanti	
15-Apr-20	Wednesday	Latest general rules of kho-kho	
		Week 15(16 April-22 April) Topics	
16-Apr-20	Thursday	Throwing Activities/Events	
17-Apr-20	Friday	Shot-put	
18-Apr-20	Saturday	fundamental Skill of shot -put	
19-Apr-20	Sunday	SUNDAY	
20-Apr-20	Monday	Fundamental Skills of javelin throw	
21-Apr-20	Tuesday	Fundamental Skills of Hammer throw	
22-Apr-20	Wednesday	Practice of throwing events	
		Week 16( 23April-30 April) Topics	

23-Apr-20	Thursday	Practice of field events	
24-Apr-20	Friday	practice of Basketball	
25-Apr-20	Saturday	practice of kabbadi	
26-Apr-20	Sunday	SUNDAY	
27-Apr-20	Monday	Revision of 1st chapter	
28-Apr-20	Tuesday	Revision of 2nd chapter	
29-Apr-20	Wednesday	Revision of 3rd chapted	
30-Apr-20	Thursday	Revision of 4th chapter	