

Lesson Plan			Weekly Review	
Name of the Teacher - Asst.Prof Rajneesh				
Class and Section- B.A 2nd (4th Sem)				
Subject- Health and Physical education				
Date	Days	Week 1 (9-15 JAN) Topics	Actually Covered	Deficiency/ Surplus Reason
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	Method of Cooling down &Warming up		
Week 2 (16-22 JAN) Topics				
16-Jan-20	Thursday	Specifications of football		
17-Jan-20	Friday	General rules and Skills of football		
18-Jan-20	Saturday	Practice of football game		
19-Jan-20	Sunday	SUNDAY		
20-Jan-20	Monday	Revision of 1st chapter		
21-Jan-20	Tuesday	Test 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	Monday	Need and Importance of sports psycho		
28-Jan-20	Tuesday	Law of learning		
29-Jan-20	Wednesday	Learning of Curve		
Week 4 (30 Jan- 5 Feb) Topics				
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	Monday	Meaning of Learning Curve		
4-Feb-20	Tuesday	Revision of 2nd chapter		
5-Feb-20	Wednesday	Test 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		
8-Feb-20	Saturday	Practice of kabbadi		
9-Feb-20	Sunday	SUNDAY		

10-Feb-20	Monday	Orbital test conduct of complete syllabus	
11-Feb-20	Tuesday	PPT of B.M.I	
12-Feb-20	Wednesday	PPT of psychological Aspects	
		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 chapter	
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		
		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		
22-Mar-20	Sunday	SUNDAY		
23-Mar-20	Monday	Shaheedi Diwas		
24-Mar-20	Tuesday	Total lung capacity		
25-Mar-20	Wednesday	Revised the full 4th chapter		
		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		
1-Apr-20	Wednesday	Revised the viva questions		
		Week 13(02 April-8 April) Topics		
2-Apr-20	Thursday	Ram Nawmi		
3-Apr-20	Friday	Sessional(80 percent sylbs)		
4-Apr-20	Saturday	Sessional(80 percent sylbs)		
5-Apr-20	Sunday	SUNDAY		
6-Apr-20	Monday	Mahaveer Jayanti		
7-Apr-20	Tuesday	Sessional(80 percent sylbs)		
8-Apr-20	Wednesday	Sessional(80 percent sylbs)		
		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		