

Day-wise Lesson Plan (July 2026 - 10 November 2026)		
B.A. I (DSC) Health & Physical Education		
Semester - I (Units I, II & III)		
Only Day and Topic		
Date	Day	Topic
01-07-2026	Wednesday	Meaning, Aim, Scope & Objectives of Physical Education
02-07-2026	Thursday	Relationship of Physical Education with Health
03-07-2026	Friday	Misconceptions regarding Physical Education
04-07-2026	Saturday	Physical Education as Arts or Science
06-07-2026	Monday	Growth and Development
07-07-2026	Tuesday	Chronological, Anatomical, Physiological & Mental Age
08-07-2026	Wednesday	Principles of Growth and Development
09-07-2026	Thursday	Factors Affecting Growth and Development
10-07-2026	Friday	Growth at Childhood Stages
11-07-2026	Saturday	Indus Valley Civilization
13-07-2026	Monday	Vedic Period
14-07-2026	Tuesday	Early Hindu Period
15-07-2026	Wednesday	Later Hindu Period
16-07-2026	Thursday	Medieval Period
17-07-2026	Friday	British Period
18-07-2026	Saturday	After Independence
20-07-2026	Monday	Career Opportunities in Physical Education & Sports
21-07-2026	Tuesday	Qualifications of PE Professionals
22-07-2026	Wednesday	Fitness Trainers
23-07-2026	Thursday	Yoga Instructors
24-07-2026	Friday	Sports Event Managers
25-07-2026	Saturday	Researchers
27-07-2026	Monday	Sports Journalism
28-07-2026	Tuesday	Video Analyst
29-07-2026	Wednesday	Corporate Fitness
30-07-2026	Thursday	Govt & Private Careers
31-07-2026	Friday	Practical: Kho-Kho
01-08-2026	Saturday	Practical: Badminton
03-08-2026	Monday	Meaning, Aim, Scope & Objectives of Physical Education
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