**by creating a macro to perform the steps of repetetive task , you save yourself time and avoid possible errors**

**LESSON PLAN OF PHYSICAL EDUCATION**

**(September-December, 2022)**

**B.A.1st (SEMESTER-I)**

**PRINCIPALAND FOUNDATION OF PHYSICAL EDUCATION**

**September- UNIT –I**

* Meaning and importance of Physical health education in modern society
* Objective and scope of Physical education
* Historical development of Ancient Olympic
* Practical: Volleyball, Shot Put, Judo

**October- UNIT-II**

* Test of unit-I
* Biological basis explanation
* Types of exercise
* Meaning of Growth and Exercise
* Explain exercise and well being
* Explain body types
* Practical: Soft Ball, 100 Mtr. Race

**November- UNIT-III**

* Test of unit-II
* Explain LNUPE, SAI NSNIS, YMCA, IOA
* Modern Olympics
* Asian Games
* Practical: Cricket, 5000 Mtr. Race

**December- UNIT- IV**

* Test of unit-III
* Sports award in India:
* Arjun Award, Bhim Award, Dronacharya Award, Khel Ratan Award, Maulana Abdul Kalam Azad Trophy
* Revision of Theory and Practical

**B.A.2nd (SEMESTER-III)**

**PHYSICAL ACTIVITY AND HEALTH**

**August- UNIT –I**

* Meaning and importance of health education in modern society

**September- UNIT –I**

* Aim, objective and scope of Health education
* Health and physical fitness
* Explain: WHO, UNICEF
* Dimension of Health
* Practical: Baseball, wrestling, Jevelin Throw

**October- UNIT-II**

* Balance Diet
* Elements of Balance Diet
* Nutritional Tips
* Vegetarian vs Non-Vegetarian Diet
* Practical: Badminton, 4x100 Mtr. Relay Race

**November- UNIT-III**

* Test of unit-II
* Posture
* Deformities
* First Aid
* Exercise of life style disease
* Practical: Handball, Long Jump

**December- UNIT- IV**

* Test of unit-III
* Exercise of life style disease
* Revision of Theory and Practical

**B.A.3rd (SEMESTER-V)**

**SOCIO-PSYCHOLOGICAL FOUNDATION OF PHYSICAL EDUCATION**

**August- UNIT –I**

* Psychological aspect of physical education
* Practical: Kabaddi

**September- UNIT –I**

* Learning of Sports activity
* Psycho-physical unity of Human being
* Law of learning
* Application of law of learning
* Theories of play
* Individual Differences
* Practical: Table-Tennis,1500 Mtr.

**October- UNIT-II**

* Test of unit-I
* Adjustment and Motivation (Unit-1)
* Sports as medium of socialization
* Socio-economic status in sports
* Spectators and crowd behaviour
* Sports and Economy
* Practical: Hockey, 400 Mtr. Hurdle Race

**November- UNIT-III**

* Test of unit-II
* Behaviour Pattern
* Define conditioning
* Need and Importance of Conditioning
* Methods of Conditioning
* Practical: Water polo, TrippleJump

**December- UNIT- IV**

* Test of unit-III
* Doping
* Smoking and Drinking
* Revision of Theory and Practical