

Name of the Assistant/ Associate Professor Rakesh CHAUHAN  
 Lesson Plan  
 Class and Section B.A.III  
 Subject Physical edy.

Week	Date	Topics
1	1-Jan-18	Introduction of organization, and
	2-Jan-18	Management of Physical Education
	3-Jan-18	Meaning of track in Physical Education
	4-Jan-18	Need of track in PHY.edy.
	5-Jan-18	importance of track.
	6-Jan-18	characteristics of track in Phy.edy.
	7-Jan-18	Sunday
2	8-Jan-18	care of track in Physical education,
	9-Jan-18	Maintenance of track.
	10-Jan-18	Benefits of track in Physical edu.
	11-Jan-18	Marking of track
	12-Jan-18	Equipment of track in Physical edy.
	13-Jan-18	conduct or annual Athletic meet.
	14-Jan-18	Sunday
3	15-Jan-18	Organization AN Athletic meet.
	16-Jan-18	importance significance of Athletic meet
	17-Jan-18	organization and conduct of tournament
	18-Jan-18	Determination of tournament
	19-Jan-18	Make a track. in 400 mt.
	20-Jan-18	aims of Athletics meet in PHY.edy.
	21-Jan-18	Sunday
4	22-Jan-18	Vasant Panchami
	23-Jan-18	Educative value of track.
	24-Jan-18	Sir Chhotu Ram Jayanti
	25-Jan-18	Recreation games of track in PHY.edy.
	26-Jan-18	Republic Day
	27-Jan-18	Assignment work
	28-Jan-18	Sunday
5	29-Jan-18	Test for unit I
	30-Jan-18	Sports management. Intro
	31-Jan-18	Guru Ravidas Birthday

← Rakesh



Lesson Plan

Name of the Assistant/ Associate Professor..... Rajesh Chandra M.  
 Class and Section:..... B.A. III  
 Subject:..... PHY. Edu.

Week	Date	Topics
1	1-Feb-18	Meaning of Sports Management.
	2-Feb-18	importance of sports management.
	3-Feb-18	scope of sports management.
	4-Feb-18	Sunday
2	5-Feb-18	Factor influencing sports management
	6-Feb-18	Need of sports management of Physical Education.
	7-Feb-18	Qualification of Physical Edu teacher
	8-Feb-18	Introduction of Physical Edu. teacher
	9-Feb-18	Qualities of Physical education teacher.
	10-Feb-18	Maharshi Dayanand Saraswati Jayanti
	11-Feb-18	Sunday
3	12-Feb-18	Qualification of Physical Teacher in Post level
	13-Feb-18	Maha Shivratri
	14-Feb-18	Qualification of Physical Edu teacher in Post level.
	15-Feb-18	PLT. level PHY. Edu. Teacher in Qualification.
	16-Feb-18	Body structure of PHY. Edu Teacher
	17-Feb-18	Qualification of Associate in PHY. Edu. Teacher
	18-Feb-18	Sunday
4	19-Feb-18	Duties an official in PHY. Edu. Teacher
	20-Feb-18	Height and weight of PHY. Edu. Teacher.
	21-Feb-18	Duties an official in Pre-game
	22-Feb-18	Duties an official in During-game.
	23-Feb-18	Duties an official in Post game
	24-Feb-18	Assignment work for qualification
	25-Feb-18	Sunday
5	26-Feb-18	Test for unit - first and second
	27-Feb-18	Qualities of PHY Edu teacher and leadership.
	28-Feb-18	PRIZE distribution. after game.

— Rajesh



## Lesson Plan

of the Assistant/ Associate Professor... RAKESH CHAUHAN  
 s and Section: B.A. III  
 oject: P.H.Y.S.I.C.A.L. Education

Week	Date	Topics
1	1-Mar-18	Introduction of unit - III
	2-Mar-18	Holi
	3-Mar-18	Intro for sports injuries.
	4-Mar-18	Sunday
2	5-Mar-18	Prevention of sports injury.
	6-Mar-18	prevention of sports Rehabilitation.
	7-Mar-18	pre game injuries
	8-Mar-18	During game injuries
	9-Mar-18	post game sports injury.
	10-Mar-18	sports injuries and various factors.
	11-Mar-18	Sunday
	3	12-Mar-18
13-Mar-18		Principle of prevention of sports injury.
14-Mar-18		Meaning of injury.
15-Mar-18		Meaning and scope of rehabilitation.
16-Mar-18		aim of sports injury, and prevention
17-Mar-18		Facilities available for rehabilitation.
18-Mar-18		Sunday
4		19-Mar-18
	20-Mar-18	Assignment work
	21-Mar-18	Role in PHY. edu teacher in sports injuries.
	22-Mar-18	Role in PHY. edu teacher in Rehabilitation.
	23-Mar-18	Role in PHY. edu teacher in sports medicine.
	24-Mar-18	Assignment work. Unit III
	25-Mar-18	Sunday/ Ram Navami
	5	26-Mar-18
27-Mar-18		Qualities of physical edu. teacher in sports injury.
28-Mar-18		First aid treatment of PHY. edu. teacher.
29-Mar-18		Mahavir Jayanti
30-Mar-18		causing injury in PHY. edu.
31-Mar-18		in role of PHY. edu. Teacher.

————— RAKESH

