

## Teaching Lesson plan(2016-17)

**Teacher's name:--** Falguni Mondal

**Subject:-** Physical Education

YEAR	PAPPER	TOPIC	DATE	NO.OF CLASSES	TEACHING METHOD	REF.F BOOKS
1st	1 <sup>st</sup>	<b>PRINCIPLES AND HISTORY OF PHYSICAL EDUCATION:-</b> <ul style="list-style-type: none"> <li>• Meaning and definition of physical education, aim and objective</li> <li>• Nature and scope of physical education, traditional and modern concept.</li> <li>• History of physical education, Sparta and Athens</li> <li>• Development of physical education and sport in India</li> <li>• Olympic movement</li> <li>• Sports scheme in India</li> </ul>	19.09.16 -13.02.17	23	lecture method  oral / discussion method  Evaluation method  Explanation Method	Uchatara Sarir Sikhsha(Kar & Mondal)  History of Physical Education(AP.Sharma)
		<b><u>Psycho-social aspect of sports:-</u></b> <ul style="list-style-type: none"> <li>• Introduction- psycho-physical unit of man.</li> <li>• Heredity and environment</li> </ul>	11.11.16 - 10.03.17	21	lecture method oral / discussion method  Evaluation method  Explanation Method	Sikha monobidya (susil kumar roy) Essential of Physical Education (Ajmir Singh)

		<ul style="list-style-type: none"><li>• Instinct ,emotion , interest &amp; motivation—role in sports</li><li>• Physical education activities as a socializing force</li><li>• Social value of sports</li><li>• Personality and its development through education and sports</li></ul>				
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YEAR	PAPPER	TOPIC	DATE	NO.OF CLASSES	TEACHING METHOD	REF.BOOKS
2 <sup>nd</sup>	2 <sup>nd</sup>	<b><u>Health education and first aid (A):-</u></b> <ul style="list-style-type: none"> <li>• Health- meaning, def. ,component</li> <li>• Major area of health education</li> <li>• Environment hygiene</li> <li>• Environmental pollution</li> <li>• Mental health</li> <li>• Safety education</li> <li>• First aid</li> </ul>	22.08.16 – 16.01.17	18	Lecture method  Discussion method  Dramatization method	First Aid(S.N Panday)
		<b><u>Physical activity &amp; lifestyle (B):-</u></b> <ul style="list-style-type: none"> <li>• Muscular system</li> <li>• Effect of exercise on circulatory system</li> <li>• Respiratory system</li> <li>• Measurement of cardiovascular endurance</li> <li>• Fatigue</li> </ul>	11.11.16 – 18.03.17	15		Anatomy and Physiology for nurses(E.C pearce)

YEAR	PAPPER	TOPIC	DATE	NO.OF CLASSES	TEACHING METHOD	REF.BOOKS
2 <sup>nd</sup>	3 <sup>rd</sup> (practical)	<ul style="list-style-type: none"> <li>• Indian game- kabbadi , kho kho</li> <li>• Major game- badminton</li> <li>• Yoga practice</li> <li>• Gymnastics</li> <li>• First aid management</li> </ul>	19.09.16 – 10.03.17	21	Demonstration method  Command method  Whole method & part method	Book of rule of games and sports(H.C Buck)

YEAR	PAPPER	TOPIC	DATE	NO.OF CLASSES	TEACHING METHOD	REF.FBOOKS
3 <sup>rd</sup>	4 <sup>th</sup>	<b><u>Therapeutic aspect of Physical activity (A):-</u></b> <ul style="list-style-type: none"> <li>• Basic principle of rehabilitation</li> </ul>	16.08.16 – 14.02.17	19	Lecture method  Discussion method  Dramatization method	First Aid(S.N Pandit)
		<b><u>Physical activity &amp; lifestyle (B):-</u></b> <ul style="list-style-type: none"> <li>• Physical activity for aged person</li> <li>• Physical activity for women , adolescence, post adolescence, pregnancy</li> <li>• Physical activities health and wellness modern concept</li> </ul>			Lecture method  Discussion method  Dramatization method	Physical Fitness (A.K Uppal)
3 <sup>rd</sup>	4 <sup>th</sup> (practical)	<ul style="list-style-type: none"> <li>• Laboratory measurement</li> <li>• Game situation</li> <li>• Officiating game and sports</li> <li>• Administration of fitness testing procedure</li> </ul>	23.11.16 – 02.01.17	20	Demonstration method  Whole method  Part method  Command method	Book of rules game and Sports