

Teaching Lesson plan(2016-17)

Teacher's name:-- Pranabesh Hajra

Subject:- Physical Education

YEAR	PAPPER	TOPIC	DATE	NO.OF CLASSES	TEACHING METHOD	REF.FBOOKS
1st	1st	<u>ANATOMY AND PHYSIOLOGY :-</u> i) Skeletal System & Skeletal Deformities -types of bones, joints ii) Circulatory system - heart and its structure, Mechanism of bood circulation iii) Resparatory System vi) Digestive System vii)nervous system viii) Endocrine system	12.07.16 – 23.12.16	33	lecture method oral / discussion method feedback method dramatisation method	Anatomy and physiology for nurses(E.C.Pearee) Human physiology (Chatterjee)
		<u>DIETETICS AND HYGINE:-</u> i)Basic nutrients ii)Diet balance iii)Malnutrition vi)Drinks vii)Drug Abuse viii)Importance of hygienic living	23.09.16 – 06.03.17	24	Explanation Method Evaluation method	

YEAR	PAPPER	TOPIC	DATE	NO.OF CLASSES	TEACHING METHOD	REF.F BOOKS
2nd	2 nd	Management of P.E and sports:- <ul style="list-style-type: none"> • Management of sports and games in school ,college and university • Type of tournament • Layout of playfield and basic rules • Care and maintenance of sports equipment 	09.08.16 -22.02.17	20	lecture method oral / discussion method Evaluation method Explanation Method	Sarir Sikha management(Dr. Pal) Uchatara sarir Sikha(kar and mondal)
		<u>Sports training and mechanics:-</u> <ul style="list-style-type: none"> • Sports training – meaning, def., warming up & cooling down • Physical fitness- health related physical fitness performance related physical fitness • Load – meaning, def., types • Training method- circuit, interval, frat lake, weight training • Mechanical principle applied to sports:- motion, anatomical live, C.G 	24.11.16 – 14.03.17	18	lecture method oral / discussion method Evaluation method Explanation Method	Physical fitness and wellness (A.K Uppal)

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2 nd	3 rd	<ul style="list-style-type: none"> • Track and field • Gymnastics – hand sand, hand spring, neck spring • Major game- football, volleyball, cricket • First aid and practical management of sports injury 	07.09.16 – 14.03.17	23	Demonstration method Whole method Part method Feedback method	Book of rules of games and sports(H.C Buck)

YEAR	PAPPER	TOPIC	DATE	NO.OF CLASSES	TEACHING METHOD	REF.FBOOKS
3 rd	4 th	<u>Therapeutic aspect of physical activity (A):-</u> <ul style="list-style-type: none"> • Exercise and hypo-kinetics • Exercise therapy 	12.08.16 – 22.02.17	20	Demonstration method Whole method Part method Feedback method	Speaking of yoga(S.N Pandit)
		<u>Physical activity & lifestyle (B):-</u> <ul style="list-style-type: none"> • Physical activity and childhood growth and development • Health and fitness active lifestyle • Physical activity for the disabled 				
3 rd	4 th (practical)	<ul style="list-style-type: none"> • Laboratory measurement • Game situation • Officiating game and sports • Administration of fitness testing procedure 	07.11.16 – 06.01.17	19		