

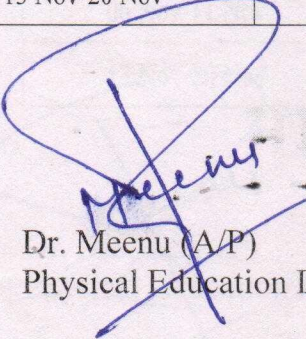
GOVERNMENT COLLEGE BAUND KALAN (CHARKHI DADRI)

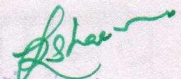
LESSON PLAN ODD SEMESTER

(FOR THE SESSION 2023-2024)

Name of the Assistant Professor:	Dr. Meenu
Class and Section :	BA-Ist Semester
Subject:	Foundation of physical education

Week	Topics
21 Aug-26 Aug 2023	Meaning, definition, Aim and objective of phy.edu/Importance
28 Aug -2 September 2023	Quality and Qualification of Phy Edu.
4 September -9 September 2023	Sports in India (pre and Post)
11 September -16 September 2023	SAI
18 September -23 September 2023	NSNIS
25 September -30 September 2023	IOA
02 Oct-7 Oct	Ancient Olympic
09 Oct-14 Oct	Modern Olympic
16 Oct- 21 Oct	Asian Games
23 Oct- 28 Oct	Commonwealth
30 Oct-4 Nov	Awards
06 Nov-11 Nov	Awards
13 Nov-20 Nov	Awards


Dr. Meenu (A/P)
Physical Education Department


Principal
Govt. College
Baund Kalan (Ch. Dadri)

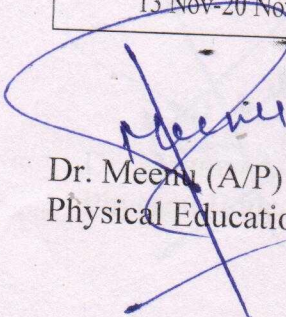
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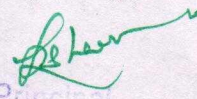
LESSON PLAN EVEN SEMESTER

(FOR THE SESSION 2023-2024)

Name of the Assistant Professor:	Dr. Meenu
Class and Section :	BA-3 rd Semester
Subject:	Physical education (Psycho-physiological basis of Physical Education)

Week	Topics
21 Aug-26 Aug 2023	Sports Psychology
28 Aug -2 September 2023	Learning
4 September -9 September 2023	Motivation
11 September -16 September 2023	Individual Difference
18 September -23 September 2023	Anatomy & Physiology
25 September -30 September 2023	Circulatory System
02 Oct-7 Oct	Respiratory System
09 Oct-14 Oct	Bones
16 Oct- 21 Oct	posture
23 Oct- 28 Oct	Tournaments
30 Oct-4 Nov	Revision
06 Nov-11 Nov	Knock-Out Tournament
13 Nov-20 Nov	League Tournament


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