

Lesson Plan

Ist Semester

Class: 20

Sl No	Name of Teacher	Number of class	Time Period
1	Mr.Aditya Mahato	10	November-December

Course Title: Foundation and History of Physical Education, Course code: BPEDCCRT101

Exploring the subject matter of Physical Education

Class

Topics

- 1 Why study Physical Education?
- 2 Concept of Physical Education ;
- 3 Misconception of Physical Education;
- 4 Definition of Physical education:
- 5 Aim and objective of Physical Education ,
- 6 Nature and Scope of Physical Education;
- 7 Physical Education in pre -Independence period
- 8 Physical Education in post -Independence period in India,
- 9 Law's of Learning;
- 10 Learning curve.

Sl No	Name of Teacher	Number of class	Time Period
2	Samir Sing Sardar	10	November-December

Course Title: Foundation and History of Physical Education, Course code: BPEDCCRT101

Class	Topics	
1	Need and Importance of Physical education	
2	Sports scheme in India	
3	S.A.I , NSNIS	
4	Olympic Movements	
5	Ancient Olympics	
6	Modern Olympics	
7	Objectives of modern Olympics	
8	International Olympic Committee	
9	Introduction, meaning of growth and development.	
10	Principles of growth and development.	

3rd Semester Lesson Plan

Class: 80

Sl No	Name of Teacher	Number of class	Time Period
1	Mr.Aditya Mahato	30	September-December

Course Title: Game Specialization, Course code: BPEDCCRS301

Class	Topics	
1	Indian Games	
2	History of kabaddi	
3	Dimensions of Kabaddi Ground	
4	Rules of kabaddi	
5	Skills of Kabaddi	
6	How to play kabaddi ?	
7	History of kho-kho	
8	Dimensions of Kho-kho Ground	
9	Rules of kho-kho	
10	Skills of kho –kho	

11	How to play kho kho ?	
12	History of volleyball	
13	Dimensions of volleyball ground	
14	Rules of volleyball	
15	Skills of Volleyball	

16	How to play Volleyball	
17	History of track and field	
18	Running	

19	Starting Technique	
20	Crouch starts	
21	Body of the race	
22	Start and acceleration phase	
23	Stride phase and lift phase	
24	Finishing technique	
25	Relay race	
26	Rules of relay race	

27	Techniques of baton exchange	
28	Characteristics and functions of relay race	

29	Techniques of shotput	
30	Important rules of shotput	

Sl No	Name of Teacher	Number of class	Time Period
2	Samir Sing Sardar	30	September-December

Course Title: Game Specialization, Course code: BPEDCCRS301

Class	Topics	
1	History of football	
2	Rules of football	
3	Dimensions of football ground	
4	Basic techniques of football	
5	Strategy of football	
6	History of badminton	
7	Dimensions of badminton court	
8	Rules of badminton	
9	Basic techniques of badminton	
10	Strategy of badminton	
11	Steps of putting the shot	
12	Basic techniques of putting the shot	
13	History of discus throw	
14	Dimension of discus sectors	
15	Rules of discus throw	
16	Rules of discus throw	
17	Techniques of discus throw	
18	Strategy of discus throw	
19	History of javelin throw	
20	Dimension of javelin sectors	
21	Steps of throwing the javelin	
22	Errors and corrections of javelin throw	

23	History of long jump	
24	Dimensions of long jump field	
25	Rules of long jump	
26	Basic technique of long jump	
27	History of high jump	
28	Dimensions of high jump field	
29	Rules of high jump	
30	Techniques of high jump	

Sl No	Name of Teacher	Number of class	Time Period
1.	Mr. Aditya Mahato	20	September-December

Course Title: Yoga Science, Course code: BPEDGERT25

Class	Topics	
1	Introduction and Meaning of Yoga	
2	Ancient history of yoga	
3	Modern history of yoga	
4	Aim and objective of yoga	
5	Why called yoga as a science	
6	Astanga yoga	
7	Hatha yoga	

8	Meaning of pranayama	
9	Objectives of pranayama	
10	Importance of pranayama	
11	Types of pranayama	
12	Physiological value of pranayama	
13	Meaning of shudhi kriyas	
14	Objectives of shudhi kriyas	
15	Types of shudhi kriyas	
16	Physiological values of shudhi kriyas	
17	What is asana	
18	Types of asana	
19	Importance of yogasana	
20	Asanas/yogic exercise and the cure of disease	

5th Semester Lesson Plan

Class: 80

Sl No	Name of Teacher	Number of class	Time Period
1	Mr. Aditya Mahato	30	September-December

Course Title: Health Education and Safety Education, Course code: BPEDDSRT1

Class	Topics	
1	What is health ?	
2	Definitions of health	
3	Meaning and concept of health education	
4	Principles of health education	
5	Importance of health education	
6	Components of health education	
7	Dimension of health	
8	Mental health	
9	Mental health problems	
10	Mal adjustment	
11	Minor mental disorders	

12	Symptoms, cause and precaution		
13	Major areas of health education		
14	Health services		
15	Daily health inspection		
16	Medical inspection, follow up		
17	Medical examination , medical clinic		
18	Healthful education institution offices, factories		
19	Agencies in promoting health		
20	W.H.O		
21	UNICEF		
22	Nutrition		
23	Basic Nutrition		
24	Carbohydrate, protein		
25	Fats ,minerals		
26	Hygiene		
27	Importance of hygiene		
28.	Care of skin , hair, ear		
29	Care of throat,teeth,eye,nose,feet		
30	Role of personal hygiene		
SI No	Name of Teacher	Number of class	Time Period
2	Samir Sing Sardar	30	September-december

Course Title: Health Education and Safety Education, Course code: BPEDDSRT1

Class	Topics	
1	Need of nutrition	

2	Concept of nutrition	
3	Growth and repair	
4	Vitality and fitness	
5	Caloric intake and expenditure	
6	Energy balance equation	
7	Quality of food	
8	How and when to etc	
9	Diets	
10	Food preference	
11	Sources of food	
12	Balanced diets	
13	Athletic diet	
14	Mid-day-meal	
15	Mal nutrients	
16	Cause and effects of malnutrition	
17	Drinking-water,tea ,coffee,etc	

18	Effects of drinks	
19	Drugs and alcohol, tobacco	
20	Adverse effect on health and performance	
21	Sleep hygiene	
22	Occupational hygiene	
23	Environmental hygiene	
24	Lighting , ventilation	
25	Water supply, waste- disposal	
26	First Aid ,meaning ,concept	
27	First aid, need, importance	
28	Sprain, muscle pull, dislocation	
29	Safety education	
30	Communicable disease	

Sl No	Name of Teacher	Number of class	Time Period
1	Mr.Aditya Mahato	20	September-December

Course Title: Yoga Science, Course code: BPEDGERT25

Class	Topics	
1	Introduction and Meaning of Yoga	
2	Ancient history of yoga	
3	Modern history of yoga	
4	Aim and objective of yoga	
5	Why called yoga as a science	
6	Astanga yoga	
7	Hatha yoga	

8	Meaning of pranayama	
9	Objectives of pranayama	
10	Importance of pranayama	
11	Types of pranayama	
12	Physiological value of pranayama	
13	Meaning of shudhi kriyas	
14	Objectives of shudhi kriyas	
15	Types of shudhi kriyas	
16	Physiological values of shudhi kriyas	
17	What is asana	
18	Types of asana	
19	Importance of yogasana	
20	Asanas/yogic exercise and the cure of disease	