**Govt. College , Nalwa (Hisar)**

**LESSON PLAN (w.e.f. August 22, 2022)**

**Name: Dr. Neha Rani Subject: Physical Education**

**Class: B.A. 1 - 1ST Sem. Paper: Health & Physical Edu. PHE-101**

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| **Month/Week** | Contents |
| **August** |  |
| Week 1 | Meaning, Definition and scope of physical education  Relationship[p of physical education with general education |
| Week 2 | Aim, Objectives and Importance of Physical education in modern society  Misconceptions regarding Physical Education **Discussion** |
| **September** |  |
| Week 1 | Meaning, Definition and importance of health |
| Week 2 | Factors influencing health **Quiz** |
| Week 3 | Meaning and importance of personal hygiene |
| Week 4 | Hygiene of various body parts and factor influencing personal hygiene **Assignment 1** |
| **October** |  |
| Week1 | Yoga – meaning, concept & historical development |
| Week 2 | Types of yoga **Test** |
| Week 3 | Importance of yoga in healthy living |
| Week 4 | Pranayam – meaning, types and their benefits **Assignment 2** |
| **November** |  |
| Week 1 | Meaning and definition of human anatomy and physiology |
| Week 2 | Importance of human anatomy and physiology in physical education |
| Week 3 | Definition of cell, tissue, organ and system  Structure and properties of cell **Presentation** |
| Week 4 | Revision |

**Incharge**

**Physical Education Department**