

MCM DAV COLLEGE SECTOR 36
TEACHING PLAN FOR SESSION 21-22
DEPARTMENT OF PHYSICAL EDUCATION
CLASS BA1st, BA2nd, BA3rd
TEACHER NAME DR.ANJU LATA(1SEM), MS.ANJALI(2SEM), DR.VEENA RANI(3SEM)

S.NO	DATE	TOPICS TO BE COVERD	ACADEMIC AND SPORTS ACTIVITY
1	2 march to 30 march New teacher (PRACTICAL)	MEANING OF ANATOMY AND PHYSIOLOGY, STRUCTURE AND FUNTION OF CELL, SKELETAL SYSTEM, AND MUSCULAR SYSTEM. ASSIGNMENTS TO THE STUDENTS. PHYSICL FITNESS AND YOGA, ATHLETICS START OF SPRINTS,VOLLEBALL	DISCUSSION OF SYLLABUS,PATTERN OF EXAMINATIONS AND INTRODUCTION TO ATHLETICS IN PRACTICAL CLASS
2	1 April to 30 April (PRACTICAL)	WARMING UP,COOLING DOWN AND PHYSICAL FITNESS,KHO-KHO, HEALTH AND HEALTH EDUCATION VOLLEBALL AND CHOICE GAME.	DISCUSSIONS OF DOUBTS IN PRACTICALSSND TOKIYO OLYMPIC GAMES
3	1may to 30 may (PRACTICAL)	FIRST AID, BIOLOGICAL BASIS OF PHYSICAL EDUCATION, PROJECT WORK. PHYSICAL FITNESS AND YOGA	PRQACTICE OF HANDBALL AND VOLLEBALL. YOGIC ASANS
1	1 March TO 30 march DR.ANJU LATA (PRACTICAL)	4TH SEMESTER RESPIRATORY,CIRCULATORY AND DIGESTIVE SYSTEM,	
2	1 April to 30 April DR. ANJU LATA (PRACTICAL)	PHYSICAL FITNESS,YOGA AND ATHLETICS. BLOOD,COMMNICABLE DISEASES,YOGA LONG JUMP AND TRIPLE JUMP	

3	<p>1 may TO 30 may</p> <p>DR.ANJU LATA (PRACTICAL)</p>	<p>BASICS OF TENNIS, SPORTS INJURIES, DISABILITIES AND REHABILITATION.</p> <p>FOOTBALL AND CHOICE GAME</p>	
1	<p>1 APRIL TO 30 APRIL</p> <p>PRACTICAL</p>	<p style="text-align: center;">6TH SEM</p> <p>NERVOUS,EXCERETORY AND ENDOCRINE SYSTEM</p>	
2	<p>1 MAY TO 31 MAY</p> <p>PRACTICAL</p>	<p>PHYSICAL FITNESS,YOGA AND ATHLETICS</p>	
2	<p>1 JUNE TO 30 JUNE</p> <p>PRACTICAL</p>	<p>SPORTS TRAINING, GENERAL PHYSIOLOGICAL CONCEPT, EFFECTS OF PHYSICAL EXERCISES ON BODY.</p> <p>SHOTPUT,JAVELIN THROW</p>	
3		<p>CARRIER ASPECTS IN PHYSICAL EDUCATION, COACH AND BASICS OF TABLE TENNIS.</p> <p>HOCKEY AND CHOICE GAME</p>	

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