

MCM DAV COLLEGE FOR WOMEN SECTOR-36A, CHANDIGARH

Monthly Teaching Plan (Odd Semester)

Department of Physical Education

Session-(2023-2024)

Class- B.A-I Semester

S.No.	DATE		TOPICS TO BE COVERED	PRACTICAL, ACADEMIC AND SPORTS ACTIVITY
	FROM	TO		
1.	21.08.23	30.09.23	<ul style="list-style-type: none">• Education• Physical Education• History of Physical Education	Discussion of syllabus, pattern of examinations and introduction to athletics in practical class
2.	01.10.23	31.10.23	<ul style="list-style-type: none">• Olympic games, Asian Games and Common Wealth Games• Sports Schemes, National Institute of Sports and National and International Governing Bodies of Olympic Games	Discussions of doubts in practical. (i)Athletics- Sprints (Types of Start and Finish). (ii) Middle and long-distance races and Walking events. Tokyo Olympic games and Common Wealth Games
3.	1.11.23	21.11.23	<ul style="list-style-type: none">• Basic of Handball	Practice of Handball and Choice game of Volleyball or Kabaddi. Yogic Asanas

Class- B.A-III Semester

S.No.	DATE		TOPICS TO BE COVERED	PRACTICAL, ACADEMIC AND SPORTS ACTIVITY
	FROM	TO		
1.	21.08.23	30.09.23	<ul style="list-style-type: none">• Psychological Basis of Physical Education• Motivation	Discussion of syllabus, pattern of examinations and introduction to athletics in practical class
2.	01.10.23	31.10.23	<ul style="list-style-type: none">• Transfer of Training• Personality• Sports and Socialization	Discussions of doubts in practical. (i)Athletics- History of athletics, list of track and field events, standard track. (ii) Long Jump. Tokyo Olympic games and Common Wealth Games
3.	1.11.23	21.11.23	<ul style="list-style-type: none">• Basic of Softball	Practice of Softball and Choice game of Basketball or Football.

Class- B.A-V Semester

S.No.	DATE		TOPICS TO BE COVERD	PRACTICAL, ACADEMIC AND SPORTS ACTIVITY
	FROM	TO		
1.	21.08.23	30.09.23	<ul style="list-style-type: none"> • Play • Recreation • Competition 	Discussion of syllabus, pattern of examinations and introduction to athletics in practical class
2.	01.10.23	31.10.23	<ul style="list-style-type: none"> • Camps • Posture • Physical Activities and their effects on various physical parameters and vice-versa 	Discussions of doubts in practical. (i)Athletics- History of athletics, list of track and field events, standard track. (ii)Throws (Shot-put or Discus throw). Tokyo Olympic games and Common Wealth Games
3.	1.11.23	21.11.23	<ul style="list-style-type: none"> • Massage • Basic of Cricket 	Practice of cricket and Choice game of Hockey or Badminton.

Monthly Teaching Plan (Even Semester)

Department of Physical Education

Session-(2023-2024)

CLASS: B.A-II SEMESTER

S.No.	DATE	TOPICS TO BE COVERD	ACADEMIC AND SPORTS ACTIVITY
1	09 JANUARY TO 31 JANUARY	Meaning of anatomy and physiology, cell, bones and joints	Discussion of syllabus, pattern of examinations and introduction to athletics in practical class
2	01 FEBURARY TO 29 FEBURARY	Diet, nutrition and hygiene	Discussions of doubts in class and yogic activities in practical class
3	01 MARCH TO 31 MARCH	First aid and warming up	Practice of Volleyball, yogic Asanas
4.	01 APRIL TO 22 APRIL	Presentations and revisions	Fitness tests and yoga classes

CLASS: BA-IV SEMESTER

S.No.	DATE	TOPICS TO BE COVERD	ACADEMIC AND SPORTS ACTIVITY
1	09 JANUARY TO 31 JANUARY	Respiratory system Digestive system Circulatory system (meaning, main organs, their structure and functions)	Discussion on pattern of examinations Syllabus and ways to attempt short and long questions And introduction to athletics in practical class
2	01 FEBURARY TO 29 FEBURARY	Blood Communicable diseases Yoga (meaning, types, impotence and principles)	Practical classes for teaching rules and regulations of basketball
3	01 MARCH TO 31 MARCH	Basics of tennis Sports injuries Disability and rehabilitation (history, types, causes, rules and regulations)	Practice of fundamental skills of basketball and tennis
4.	01 APRIL TO 22 APRIL	Presentations and revisions	Fitness tests and yoga classes

CLASS: B.A-VI SEMESTER

S.No.	DATE	TOPICS TO BE COVERD	ACADEMIC AND SPORTS ACTIVITY
1	09 JANUARY TO 31 JANUARY	Nervous system Excretory system Endocrine system (meaning, main organs, their structure and functions)	Discussion on pattern of examinations Syllabus and ways to attempt short and long questions And introduction to athletics in practical class

2	01 FEBURARY TO 29 FEBURARY	Sports training General physiological concepts Effect of physical activity/training on body systems	Practice of fundamental skills of hockey and table tennis
3	01 MARCH TO 31 MARCH	Career aspects in physical education Coach Basics of table tennis	Practical classes for teaching rules and regulations of hockey and table tennis
4.	01 APRIL TO 22 APRIL	Presentations and revisions	Fitness tests and yoga classes