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| **Week 1** |  | **Date** |  |
| **Assignments** |  |  |  |
| **Week 1** | **Day 1** | 01 Jan 18 |  Introduction -Health and Physical Education  |
| **Week 1** | **Day 2** | 02 Jan 18 | Meaning of Health |
| **Week 1** | **Day 3** | 03 Jan 18 | Meaning of Health (Continue) |
| **Week 1** | **Day 4** | 04 Jan 18 | Factors Influencing Health  |
| **Week 1** | **Day 5** | 05 Jan 18 | Overall Revision |
| **Week 1** | **Day 6** | 06 Jan 18 | Class Test |

**DPG DEGREE COLLEGE, GURUGRAM**

**LESSON PLAN FOR THE SEMESTER II (A.Y.-2017-18)**

**Subject: Physical Education**

**NAME OF FACULTY: Ravinder Kumar (Assistant Professor)**

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| **Week 3** |  |  |  |
| **Assignments** |  |  |  |
| **Week 3** | **Day 1** | 15 Jan 18 | Scope of Health Education  |
| **Week 3** | **Day 2** | 16 Jan 18 | Scope of Health Education (Continue) |
| **Week 3** | **Day 3** | 17 Jan 18 | Basic Elements of Health Education |
| **Week 3** | **Day 4** | 18 Jan 18 | Basic Elements of Health Education (Continue) |
| **Week 3** | **Day 5** | 19 Jan 18 | Overall Revision |
| **Week 3** | **Day 6** | 20 Jan 18 | Class Test |

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| **Week 2** |  |  |  |
| **Assignments** |  |  |  |
| **Week 2** | **Day 1** | 08 Jan 18 | Importance of Health |
| **Week 2** | **Day 2** | 09 Jan 18 | Importance of Health (Continue) |
| **Week 2** | **Day 3** | 10 Jan 18 | Health Education in Modern society  |
| **Week 2** | **Day 4** | 11 Jan 18 | Health Education in Modern Society (Continue) |
| **Week 2** | **Day 5** | 12 Jan 18 | Overall Revision |
| **Week 3** | **Day 6** | 13 Jan 18 | Class Test |

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| **Week 4** |  |  |  |
| **Assignments** |  |  |  |
| **Week 4** | **Day 1** | 22 Jan 18 | Objectives of Health Education |
| **Week 4** | **Day 2** | 23 Jan 18 | Objectives of Health Education  |
| **Week 4** | **Day 3** | 24 Jan 18 | Objectives of health education according to Henderson |
| **Week 4** | **Day 4** | 25 Jan18 | Overall Revision |
| **Week 4** | **Day 5** | 26 Jan 18 | Republic Day |
| **Week 4** | **Day 6** | 27 Jan 18 | Class Test |
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| **Week 5** |  |  |  |
| **Assignments** |  |  |  |
| **Week 5** | **Day 1** | 29 Jan 18 | Principles of Health Education |
| **Week 5** | **Day 2** | 30 Jan 18 | Principles of Health Education (Continue) |
| **Week 5** | **Day 3** | 31 Jan 18 | Short Answer Type Questions |
| **Week 5** | **Day 4** | 01 Jan 18 | Principle of Ventilation |
| **Week 5** | **Day 5** | 02 Feb 18 | Overall Revision |
| **Week 5** | **Day 6** | 03 Feb 18 | Class Test |

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| **Week 6** |  |  |  |
| **Assignments** |  |  |  |
| **Week 6** | **Day 1** | 05 Feb 18 | Yoga Practical  |
| **Week 6** | **Day 2** | 06 Feb 18 | Principle of Ventilation |
| **Week 6** | **Day 3** | 07 Feb 18 | Importance of light and cross Ventilation at school & home |
| **Week 6** | **Day 4** | 08 Feb 18 | Importance of light and cross Ventilation at school & home |
| **Week 6** | **Day 5** | 09 Feb 18 | Overall revision |
| **Week 6** | **Day 6** | 10 Feb 18 | Class test |

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| **Week 7** |  |  |  |
| **Assignments** |  |  |  |
| **Week 7** | **Day 1** | 12 Feb 18 | Meaning of personal Hygiene |
| **Week 7** | **Day 2** | **13 Feb 18** | **Importance of personal hygiene** |
| **Week 7** | **Day 3** | 14 Feb 18 | Personal Hygiene with special reference of Teeth,Eyes,Skin |
| **Week 7** | **Day 4** | 15 Feb 18 | Personal Hygiene with special reference of Nail & Fingers |
| **Week 7** | **Day 5** | 16 Feb 18 | Overall Revision |
| **Week 7** | **Day 6** | 17 Feb 18 | Class Test |

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| **Week 8** |  |  |  |
| **Assignments** |  |  |  |
| **Week 8** | **Day 1** | 19 Feb 18 | Meaning of Communicable diseases  |
| **Week 8** | **Day 2** | 20 Feb 18 | Meaning of communicable diseases (continue) |
| **Week 8** | **Day 3** | 21 Feb 18 | Common symptoms of communicable diseases  |
| **Week 8** | **Day 4** | 22 Feb 18 | Common symptoms of communicable diseases (continue) |
| **Week 8** | **Day 5** | 23 Feb 18 | Overall revision |
| **Week 8** | **Day 6** | 24 Feb 18 | Class test |

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| **Assignments** |  |  |  |
| **Week 9** | **Day 1** | 26 Feb 18 | Stages of communicable diseases |
| **Week 9** | **Day 2** | 27 Feb 18 | Prevention and control of communicable diseases |
| **Week 9** | **Day 3** | 28 Feb 18 | Prevention and control of communicable diseases (continue) |
| **Week 9** | **Day 4** | 01 Mar 18 | Overall revision |
| **Week 9** | **Day 5** | 02 Mar 18 | Holi |
| **Week 9** | **Day 6** | 03 Mar 18 | Practical work continue |
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| **Week 10** |  |  |  |
| **Assignments** |  |  |  |
| **Week 10** | **Day 1** | 05 Mar 18 | Modes of transmission of communicable diseases |
| **Week 10** | **Day 2** | 06 Mar 18 | Modes of transmission of communicable diseases (continue) |
| **Week 10** | **Day 3** | **07 Mar 18** | **Influenza Symptoms preventive measures** |
| **Week 10** | **Day 4** | 08 Mar 18 | Typhoid causes and symptoms |
| **Week 10** | **Day 5** | 09 Mar 18 | Treatment and preventive measures of typhoid |
| **Week 10** | **Day 6** | 10 Mar 18 | Overall revision |

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| **Week 11** |  |  |  |
| **Assignments** |  |  |  |
| **Week 11** | **Day 1** | 12 Mar 18 | Dysentery causes, symptoms and preventive measures  |
| **Week 11** | **Day 2** | 13 Mar 18 | Whooping cough causes and incubation period  |
| **Week 11** | **Day 3** | 14 Mar 18 | Preventive measures of whooping |
| **Week 11** | **Day 4** | 15 Mar 18 | Measles causes and symptoms  |
| **Week 11** | **Day 5** | 16 Mar 18 | Treatment and preventive measures of Measles |
| **Week 11** | **Day 6** | 17 Mar 18 | Short answer type questions |

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| **Week 12** |  |  |  |
| **Assignments** |  |  |  |
| **Week 12** | **Day 1** | 19 Mar 18 | Small pox and Chicken pox causes and symptoms |
| **Week 12** | **Day 2** | 20 Mar 18 | Preventive measures and treatment |
| **Week 12** | **Day 3** | 21 Mar 18 | Diphtheria symptoms, causes and preventive measures  |
| **Week 12** | **Day 4** | 22 Mar 18 | Aids Mode of spreads , symptoms and preventive measures |
| **Week 12** | **Day 5** | 23 Mar 18 | Hepatitis B & C causes symptoms and preventive measures  |
| **Week 12** | **Day 6** | 24 Mar 18 | Malaria symptoms and preventive measures |

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| **Week 13** |  |  |  |
| **Assignments** |  |  |  |
| **Week 13** | **Day 1** | 26 Mar 18 | Tuberculosis and Cholera causes symptoms and preventive measures |
| **Week 13** | **Day 2** | 27 Mar 18 | Question Answer |
| **Week 13** | **Day 3** | 28 Mar 18 | Practical work (basket ball) |
| **Week 13** | **Day 4** | 29 Mar 19 | Meaning, definition and Aims of Yoga |
| **Week 13** | **Day 5** | 30 Mar 18 | History of Yoga, types and elements of Yoga |
| **Week 13** | **Day 6** | 31 Mar 18 | Misconceptions about Yoga and Physical effects of Yoga |

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| **Week 14** |  |  |  |
| **Assignments** |  |  |  |
| **Week 14** | **Day 1** | 02 Apr 18 | Short answer type questions  |
| **Week 14** | **Day 2** | 03 Apr 18 | Class test  |
| **Week 14** | **Day 3** | 04 Apr 18 | Procedure and Benefits of Asana |
| **Week 14** | **Day 4** | 05 Apr 18 | Practical work (Foot ball ) |
| **Week 14** | **Day 5** | 06 Apr 18 | Practical work Athletics (Discuss throw & Relay race) |
| **Week 14** | **Day 6** | 07 Apr 18 | Short answer type questions |

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| **Week 15** |  |  |  |
| **Assignments** |  |  |  |
| **Week 15** | **Day 1** | 09 Apr 18 | Ground practical work |
| **Week 15** | **Day 2** | 10 Apr 18 | Procedure and benefits of following Asana :-Surya Namaskar |
| **Week 15** | **Day 3** | 11 Apr 18 | Bhujang asana Hal Asana Dhanur asana Ardh Machhender asana, Chakar asana, Matsay Asana Mayur asana  |
| **Week 15** | **Day 4** | 12 Apr 18 | Explain about track and field events |
| **Week 15** | **Day 5** | 13 Apr 18 | Model test paper revision |
| **Week 15** | **Day 6** | 14 Apr 18 | Model test paper revision |

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| **Week 16** |  |  |  |
| **Assignments** |  |  |  |
| **Week 16** | **Day 1** | 15 Apr 18 |  |
| **Week 16** | **Day 2** | 16 Apr 18 |  |
| **Week 16** | **Day 3** | 17 Apr 18 |  |
| Week 16 | Day 4 | 18 Apr 18 |  |