

KanyaMahavidyalaya, Kharkhoda (Sonapat)

Lesson Plan Session 2020-21

Name of the Assistant/Associate Professor: Dr. Darshana Rani
Class and Section: B.A I, II, III and P.G Yoga Science
Subject: Physical Education
Paper:Preparation for Sports Activities
Year/Semester: 2020-21 Sem 1st

06 Oct. 2020 to 05 Nov. 2020

Month/Week	Topic
October (Week-2)	Conduct of Value Added Certificate course Topic: Components of Physical Fitness for Sports Training (Strength, Speed, Endurance, Flexibility and coordination)
October (Week-3)	General Training for Basic Fitness, Warm up for whole body exercise which Improve strength, Maximum strength, Explosive strength and Strength Endurance.
October (Week-4)	Activities conducted to Improve Speed Exercise such as Short Sprints, Long Sprints, Shuttle run etc.
November (Week-1)	Activities conducted to Improve Coordination and Flexibility such as Kho – Kho, Shuttle Run, Zig-Zag run, Gym exercises and Yoga.

06 Nov. 2020 to 05 Dec. 2020

Month/Week	Topic
November (Week-2)	Attended Refresher Course of Physical Education held at BPSM, Khanpur Kalan .
November (Week-3)	Conducted Theory Paper (100 marks) related to Components of Physical Fitness and General Awareness.
November (Week-4)	Preparation of Rugby Players for Tournament with improvement in rugby skills, advance techniques and Strategies.

December (Week-1)	Preparation of Netball Players for Tournament with improvement in Netball skills and techniques.
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06 Dec. 2020 to 05 Jan. 2021

Month/Week	Topic
December (Week-2)	Maintained general fitness of players through gym exercises, Cross country etc.
December (Week-3)	Advance training for weight lifting players.
December (Week-4)	Conducted Lecture on Career Opportunities in Sports by Assistant Director of Sports, MDU, Rohtak Dr. Shakuntala Beniwal
January (Week-1)	Maintenance of All playgrounds, Indoor Hall's with equipments

05 Jan. 2021 to 06 Feb. 2021

Month/Week	Topic
January (Week-2)	Training of players with Dumble Exercises, Weight Lifting exercises, Boxing punching exercises.
January (Week-3)	Took regular classes of P. G Yoga Science of Human Anatomy and Physiology.
January (Week-4)	Preparation of Yoga Team for State Level Tournament through various Yoga Asanas and Kriyas
February (Week-1)	Preparation of Rugby players for State level Tournament through various techniques and training

06 Feb. 2021 to 25 Feb. 2021

Month/Week	Topic
February (Week-2)	Preparation and Participation of Yoga Players for Yoga State Level Yoga competition
February (Week-3)	Preparation of Rugby players through technical training like conversion practice for matches in tournament.
February (Week-4)	Conduct of State Level Inter College Rugby Tournament and Maintainence of record of Tournament.

