

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, B. Voc Physiotherapy, P. G Yoga Science
Subject:Physical Education
Paper:Fitness for all games and conduct of various Sport's events
Year/Semester: 2020-21 Sem. 2 nd

01 March 2021 to 15March 2021

Month/Week	Topic
March(Week-1)	General Physical Fitness for all games like Jogging, Walking, Running etc.
March(Week-2)	Conduct of U.G examination
March (Week-3)	Conduct of U.G examination
March (Week-4)	Recreational Sports Activities like playing Stappu, Badminton, Table Tennis, Carrom Board etc.
April (Week-1)	Preparation of players in various games according to M.D University, Sports Schedule
April (Week-2)	Maintaining Physical Fitness of Players in various games.

16 April 2021 to 15 May 2021

Month/Week	Topic
April (Week-3)	

April (Week-4)	
May(Week-1)	
May (Week-2)	

16 May 2021 to 15 June. 2021

Month/Week	Topic
May (Week-3)	
May (Week-4)	
June (Week-1)	
June (Week-2)	

16 June 2021 to 06 July 2021

Month/Week	Topic
June (Week-3)	
June (Week-4)	
July (Week-1)	