

DEPARTMENT OF PHYSICAL EDUCATION
LESSION PLAN
SESSION 2023-24
SEMESTER – VI

NAME OF TEACHER: KHAIRUZZAMAN MALLICK

PAPER ALLOTTED: PEDGDSE03T, PEDGGEC02T & PEDSSEC04M (SEC 4)

| Month | Paper | Topic | No of classes |
|-----------------------------------|-----------------------|--|---------------|
| March 2024 (02.03.2024) | PEDGDSE03T | <p style="text-align: center;">Psychological Factors :</p> <ul style="list-style-type: none"> • Motivation- Meaning, definition, type and importance of Motivation in Physical Education and Sports. • Emotion- Meaning, definition, type and importance of Emotion in Physical Education and Sports. • Personality- Meaning, definition and type Personality traits. | 10 |
| | PEDGGEC02T | <p style="text-align: center;">Concept, definition and dimension of Health.</p> <p>Definition, aim, objectives and principles of Health Education.</p> <p>Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO).</p> | 10 |
| | PEDSSEC04M (SEC 4) | <p style="text-align: center;">VOLLEYBALL</p> <p style="text-align: center;">A. Fundamental skills</p> <ul style="list-style-type: none"> • Service: Under arm service, Side arm service, Tennis service, Floating service. • Pass: Under arm pass, Overhead pass. <ul style="list-style-type: none"> • Spiking and Blocking. • Game practice with application of Rules and Regulations. <p>B. Rules and their interpretation and duties of officials.</p> | 10 |
| | PEDGDSE03T | <ul style="list-style-type: none"> • Role of physical activities in the development of personality. <p style="text-align: center;"><u>Stress and Anxiety</u></p> <ul style="list-style-type: none"> • Stress- Meaning, definition and types of Stress. • Causes of Stress. Effect of Stress on Sports Performance | 5 |
| April 2024 | PEDGDSE03T | <ul style="list-style-type: none"> • Anxiety- Meaning, definition and types of Anxiety. . Effect of Anxiety on Sports Performance • Management of Stress and Anxiety through physical activity and sports. | 5 |
| | PEDSSEC04M (SEC 4) | <p style="text-align: center;">NETBALL</p> <p style="text-align: center;">A. Fundamental skills</p> <ul style="list-style-type: none"> • Catching: one handed, two handed, with feet grounded and in flight. • Throwing (Different passes and their uses): One hand passes (shoulder, high shoulder, underarm, bounce, lob), two hand passes (Push, overhead and bounce). • Footwork: Landing on one foot, landing on two feet, | 10 |

| | | | |
|----------------------|-------------------------------|---|-----------|
| | | <p style="text-align: center;">Pivot, Running pass.</p> <ul style="list-style-type: none"> • Shooting: One hand, forward step shot, and backward step shot. • Techniques of free dodge and sprint, sudden sprint, sprint and stop, sprinting with change at speed. • Defending: Marking the player, marking the ball, blocking, inside the circle, outside the <ul style="list-style-type: none"> • Intercepting: Pass and shot. • 8. Game practice with application of Rules and Regulations. <p style="text-align: center;">B. Rules and their interpretation and duties of officials.</p> | |
| | PEDGGEC02T | <p style="text-align: center;">Nutrition- Nutritional requirements for daily living. Balance Diet.</p> <p style="text-align: center;">Health disorders due to deficiencies of Vitamins and Minerals.</p> | 10 |
| May 2024 | PEDGDSE03T | Psychology in Physical Education &Sports : Stress and Anxiety | 10 |
| | PEDGGEC02T | <p style="text-align: center;">Body Mass Index (BMI)- Concept and method of measurement.</p> <p style="text-align: center;">Body Fat- Concept and method of measurement.</p> <p style="text-align: center;">Lean Body Mass (LBM)- Concept and method of measurement.</p> <p style="text-align: center;">Somatotype- Concept and method of Assessment</p> | 10 |
| | PEDSSEC04M (SEC 4) | <p style="text-align: center;">THROW BALL</p> <p style="text-align: center;">A. Fundamental skills</p> <ul style="list-style-type: none"> • Overhand service, Side arm service, two hand catching, one hand overhead return, side arm return. <p style="text-align: center;">B. Rules and their interpretations and duties of officials.</p> | 10 |
| June 2024 | | Internal Examination & Class for Slow Learners | |
| June 2024 | | END SEMESTER EXAMINATION | |
| Total Classes | | | 90 |

NAME OF TEACHER: PRADYUT KUMAR BISWAS

PAPER ALLOTTED: PEDGDSE03T, PEDGGECO2T & PEDSSEC04M (SEC 4)

| Month | Paper | Topic | No of classes |
|-----------------------|-------------------|--|--------------------------|
| March 2024 | PEDGDSE03T | Psychology in Physical Education &Sports : Meaning and definition Psychology. Importance and scope of Psychology. | 10 |
| (02.03.2024) | PEDGGEC02T | Health and First-aid Managements : First aid- Meaning, definition, importance and golden rules of First-aid. | 10 |

| | | | |
|-----------------------|-------------------------------|--|-----------|
| | PEDSSEC04M (SEC 4) | <p style="text-align: center;">FOOTBALL</p> <p style="text-align: center;">A. Fundamental Skills</p> <ul style="list-style-type: none"> • Kicking: Kicking the ball with inside of the foot, Kicking the ball with Full Instep of the foot, Kicking the ball with Inner Instep of the foot, Kicking the ball with Outer Instep of the foot and Lofted Kick. • Trapping: Trapping- the Rolling ball, and the Bouncing ball with sole of the foot. • Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot. • Heading: In standing, running and jumping condition. • Throw-in: Standing throw-in and Running throw-in. • Feinting: With the lower limb and upper part of the body. <ul style="list-style-type: none"> • Tackling: Simple Tackling, Slide Tackling. • Goal Keeping: Collection of Ball, Ball clearance-kicking, throwing and deflecting. • Game practice with application of Rules and Regulations. <p style="text-align: center;">B. Rules and their interpretation and duties of officials.</p> | 10 |
| April 2024 | PEDGDSE03T | <p style="text-align: center;">Meaning and definition Sports Psychology.</p> <p style="text-align: center;">Need for knowledge of Sports Psychology in the field of Physical Education.</p> <p style="text-align: center;">Learning</p> <p style="text-align: center;">Meaning and definition of learning.</p> <p style="text-align: center;">Theories of learning and Laws of learning.</p> | 10 |
| | PEDGGEC02T | <p style="text-align: center;">Concept of sports injuries- Sprain, Strain, Fracture and Dislocation.</p> | 10 |
| | PEDSSEC04M (SEC 4) | <p style="text-align: center;">HANDBALL</p> <p style="text-align: center;">A. Fundamental Skills</p> <ul style="list-style-type: none"> • Catching, Throwing and Ball control, • Goal Throws: Jump shot, Center shot, Dive shot, Reverse shot. <ul style="list-style-type: none"> • Dribbling: High and low. • Attack and counter attack, simple counter attack, counter attack from two wings and center. • Blocking, GoalKeeping and Defensive skills. • Game practice with application of Rules and Regulations. <p style="text-align: center;">B. Rules and their interpretation and duties of officials.</p> | 10 |
| May 2024 | PEDGDSE03T | <p style="text-align: center;">Learning curve: Meaning and Types.</p> <p style="text-align: center;">Transfer of learning- Meaning, definition type and factors affecting transfer of learning.</p> | 10 |
| | PEDGGEC02T | <p style="text-align: center;">Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.</p> <p style="text-align: center;">Hypo-kinetic Diseases and Physical Activities- Obesity and</p> | 10 |

| | | | |
|----------------------|-------------------------------|--|-----------|
| | | Diabetes. | |
| | PEDSSEC04M (SEC 4) | CRICKET A. Fundamental Skills <ul style="list-style-type: none"> • Batting Skill: Block, Cut, Drive, Hook, Leg Glance, Paddle Sweep, Pull, Sweep • Bowling Skill: Seam Bowling, Swing Bowling, Bouncer, In swinger, Leg Cutter, Off Cutter, Revers <ul style="list-style-type: none"> • Fielding Skill B. Rules and their interpretation and duties of officials. | 10 |
| June 2024 | | Internal Examination & Class for Slow Learners | |
| June 2024 | | END SEMESTER EXAMINATION | |
| Total Classes | | | 90 |