

**DEPARTMENT OF EDUCATION  
LESSION PLAN  
SESSION 2023-24  
SEMESTER – V**

**NAME OF TEACHER: KHAIRUZZAMAN MALLICK**

**PAPER ALLOTTED: PEDGDSE01T , PEDGGECO1T & PEDGSEC03M(SEC3)**

<b>Month</b>	<b>Paper</b>	<b>Topic</b>	<b>No of classes</b>
<b>September 2023 (25.09.2023)</b>	<b>PEDGDSE01T</b>	<b>Sports Training &amp;Mechanics: Meaning, definition, Aim and characteristics of Sports Training. Principles and Importance of Sports Training</b>	<b>5</b>
<b>October 2023</b>	<b>PEDGDSE01T</b>	<b>Warming up, cooling down and Conditioning -Meaning, types, methods and principles Training Methods- Circuit Training, Interval Training, Weight Training, Fartlek Training</b>	<b>5</b>
	<b>PEDGDSE01T</b>	<b>Training Techniques : Strength- Means and methods of strength development.</b>	<b>5</b>
	<b>PEDGGECO1T</b>	<b>Meaning, definition and importance of physical Education and Sports. Aims, objectives and scope of Physical Education. Types of sports and their utility in physical education. Meaning, definition and importance of Physical fitness and Motor fitness. Difference between physical fitness and motor fitness. Components of Physical fitness.</b>	<b>15</b>
	<b>PEDGDSE01T</b>	<b>Speed- Means and methods of speed development</b>	<b>5</b>
	<b>PEDGSEC03M(S EC3)</b>	<b>KABADDI A. Fundamental skills 1. Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line. Crossing of Bonus line. 2. Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques. 3. Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defence. 4. Game practice with application of Rules and Regulations. B. Rules and their interpretations and duties of the officials.</b>	<b>15</b>

October 2023	PUJA VACATION (19.10.2023 to 15.11.2023)		
November 2023	PEDGDSE01T	Endurance- Means and methods of endurance development.	5
	PEDGGEC01T	Flexibility- Means and methods of flexibility development	5
	PEDGSEC03M (SEC 3)	<p><b>KHO-KHO</b></p> <p><b>A. Fundamental skills</b></p> <p><b>1. Skills in Chasing: Sit on the box (Parallel &amp; Bullet toe method), Get up from the box (Proximal &amp; Distal foot method), Give Kho (Simple, Early, Late &amp; Judgment), Pole Turn, Pole Dive, Tapping, Hammering, Rectification of foul.</b></p> <p><b>2. Skills in running: Chain Play, Ring play and Chain &amp; Ring mixed play.</b></p> <p><b>3. Game practice with application of Rules and Regulations.</b></p> <p><b>B. Rules and their interpretations and duties of the officials.</b></p>	15
1 <sup>st</sup> Week of Dec 2023	PEDGGEC01T	<p><b>Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development.</b></p> <p><b>Meaning and definition of Psychology. Importance of Psychology in Physical Education. Qualities of good leader in Physical Education. Principles of leadership activities.</b></p> <p><b>Sociological Foundation- Meaning and definition of Sociology. Social values and their Importance. Socialization Through Sports</b></p> <p><b>Role of games and sports in National and International integration.</b></p>	15
4 <sup>th</sup> Week of December 2023		Internal Examination & Class for Slow Learners	
January 2024		END SEMESTER EXAMINATION	
Total Classes			90

**NAME OF TEACHER: PRADYUT KUMAR BISWAS**

**PAPER ALLOTTED: PEDGDSE01T , PEDGGECO1T & PEDGSEC03M(SEC3)**

Month	Paper	Topic	No of classes
September 2023  (25.09.2023)	PEDGDSE01T	<u>Sports Training &amp; Mechanics</u> <b>Training Load and Adaptation:</b> <ul style="list-style-type: none"> <li>• Training Load- Meaning, definition, types and factors of training load.</li> <li>• Over Load- Meaning, causes, symptoms and tackling of over load</li> </ul>	5
	PEDGGEC01T	<ul style="list-style-type: none"> <li>• Historical development of Physical Education and Sports in India- Pre-Independence period and Post-Independence period. <ul style="list-style-type: none"> <li>• Ancient Olympic Games</li> <li>• Modern Olympic Games. <ul style="list-style-type: none"> <li>• Asian Games</li> </ul> </li> </ul> </li> </ul>	10
October 2023	PEDGDSE01T	<ul style="list-style-type: none"> <li>• Adaptation- Meaning and conditions of adaptation, Components of training load</li> </ul>	3
	PEDGGEC01T	<ul style="list-style-type: none"> <li>• Meaning, definition and importance Exercise and Exercise Physiology.</li> <li>• Effects of short and long term exercise on Muscular systems.</li> </ul>	10
	PEDGDSE01T	<ul style="list-style-type: none"> <li>• Periodization- Meaning, types, aim and contents of different periods</li> </ul>	5
	PEDGSEC03M (SEC 3)	<b>BADMINTON</b> <b>A. A. Fundamental skills</b> <ul style="list-style-type: none"> <li>• Basic Knowledge: Various parts of the Racket and Grip.</li> <li>• Service: Short service, Long service, Long-high service.</li> <li>• Shots: Overhead shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash.</li> <li>• Game practice with application of Rules and Regulations.</li> </ul> <b>B. Rules and their interpretations and duties of the officials.</b>	15
	PEDGDSE01T	<b>Mechanical Principles Applied to Sports :</b> <ul style="list-style-type: none"> <li>• Law of Motion</li> </ul>	4
October 2023	<b>PUJA VACATION</b> <b>(19.10.2023 to 15.11.2023)</b>		
November 2023	PEDGDSE01T	<b>Mechanical Principles Applied to Sports :</b> <ul style="list-style-type: none"> <li>• Equilibrium its type and Law.</li> </ul>	5

	<b>PEDGDSE01T</b>	<b>Mechanical Principles Applied to Sports :</b> <ul style="list-style-type: none"> <li>• Centre of Gravity, Force and its types</li> </ul>	<b>4</b>
	<b>PEDGGEC01T</b>	<ul style="list-style-type: none"> <li>• Effects of short and long term exercise on Circulatory System.</li> <li>• Effects of short and long term exercise on Respiratory System.</li> </ul>	<b>10</b>
	<b>PEDGSEC03M (SEC 3)</b>	<p><b>TABLE TENNIS</b></p> <p><b>A. Fundamental skills</b></p> <ul style="list-style-type: none"> <li>• <b>Basic Knowledge: Various parts of the Racket and Grip (Shake Hand &amp; Pen Hold Grip).</b> <ul style="list-style-type: none"> <li>• <b>Stance: Alternate &amp; Parallel.</b></li> </ul> </li> <li>• <b>Push and Service: Backhand &amp; Forehand.</b> <ul style="list-style-type: none"> <li>• <b>Chop: Backhand &amp; Forehand.</b></li> </ul> </li> <li>• <b>Receive: Push and Chop with both Backhand &amp; Forehand.</b></li> <li>• <b>Game practice with application of Rules and Regulations.</b></li> </ul> <p><b>B. Rules and their interpretations and duties of the officials.</b></p>	<b>10</b>
<b>1<sup>st</sup> Week of Dec 2023</b>	<b>PEDGDSE01T</b>	<b>Mechanical Principles Applied to Sports :</b> <ul style="list-style-type: none"> <li>• Lever and its Types</li> </ul>	<b>4</b>
	<b>PEDGSEC03M (SEC 3)</b>	<p><b>TABLE TENNIS</b></p> <p><b>B. Rules and their interpretations and duties of the officials.</b></p>	<b>5</b>
<b>4<sup>th</sup> Week of December 2023</b>		<b>Internal Examination &amp; Class for Slow Learners</b>	
<b>January 2024</b>		<b>END SEMESTER EXAMINATION</b>	
<b>Total Classes</b>			<b>90</b>

