

Physical Education Session (20-21)

MONTH: APRIL

Content/Topic	1 st Week	2 nd Week	3 rd Week	4 th Week	5 th Week
Unit I Changing Trends & Career In Physical Education Unit II Olympic Value Education	NA	NA	Unit I <ul style="list-style-type: none"> • Meaning & definition of Physical Education • Its Aims & Objectives • Career options in Physical education 	Unit-I & II <ul style="list-style-type: none"> • Competition in various sports at national & International level. • Khelo India Programme 	Unit II <ul style="list-style-type: none"> • Olympic Symbols, Ideals, Objectives & Values • International Olympic Committee. • Indian Olympic Association • PRACTICAL SESSION (Physical fitness and games option)
Learning Objectives	To know about the Changing Trends ,competition & Career In Physical Education and importance of Olympic values , fitness and wellness in life,				
Expected Learning Outcome	To clear their myth about the career opportunities in physical education.				
Teaching Aids	Discussion method, dictation method, reading method ,ICT, practical				
Assessment	Reflective questions, Quiz, Exam, practical				

MONTH: MAY

Content/Topic	1st Week	2nd Week	3rd Week	4th Week
Unit III : Physical Fitness, Wellness & Lifestyle	Unit III <ul style="list-style-type: none"> • Meaning & Importance of Physical Fitness, Wellness & Lifestyle 	Unit III <ul style="list-style-type: none"> • Components of physical fitness • Components of Health related fitness • Practical sessions 	<ul style="list-style-type: none"> • Revision Test • Theory of Practical 	Summer Break
Learning Objectives	To make them aware about Physical fitness.			
Expected Learning Outcome	Aware about the fitness components, factors affected physical fitness and wellness, components of healthy lifestyle			
Teaching Aids	Discussion method, information method, By clarifying their doubts			
Assessment	Reflective questions, Quiz, Exam ,visiting various institutions			

MONTH: JULY

Content/Topic	1st Week	2nd Week	3rd Week	4th Week	5th Week
Unit IV: Physical Education & Sports for CWSN Unit V :Yoga	Unit IV <ul style="list-style-type: none"> Aim & Objective of Adaptive Physical education Organization promoting adaptive Sports 	Unit IV <ul style="list-style-type: none"> Concept of Inclusion ,its need and Implementation 	Unit IV <ul style="list-style-type: none"> Role of various professionals for CWSN (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & special Educator) 	Unit V Introduction to Yoga	Revision test of unit IV Practicals
Learning Objectives	<ul style="list-style-type: none"> To make them aware and sensitize about Adaptive Physical education 				
Expected Learning Outcome	<ul style="list-style-type: none"> Students will be aware of all the information related to Role of various professionals for CWSN Organization promoting adaptive Sports 				
Teaching Aids	<ul style="list-style-type: none"> Discussion Method, Dictation Method, Questionnaires 				
Assessment	<ul style="list-style-type: none"> Reflective questions, Quiz, Exam, practical 				

MONTH: AUGUST

Content/Topic	1st Week	2nd Week	3rd Week	4th Week
Unit V: Yoga Unit VI: Physical Activity & Leadership Training	Unit V <ul style="list-style-type: none"> • Elements of Yoga. • Introduction to -Asanas, Pranayama, Mediation & Yogic Kriyas 	Unit V <ul style="list-style-type: none"> • Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Shashankasana) • Relaxation Techniques for improving concentration – Yognidra 	Unit VI <ul style="list-style-type: none"> • Qualities & role of a Leader • Creating leaders through Physical Education 	Unit VI <ul style="list-style-type: none"> • Meaning, objectives & types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Para Gliding) • Safety measures during physical activity and adventure sports
Learning Objectives	<ul style="list-style-type: none"> • To know the significance of Yoga in life & physical activities. 			
Expected Learning Outcome	<ul style="list-style-type: none"> • Students will be able to understand and incorporate Yoga in their daily. & Leadership qualities. 			
Teaching Aids	<ul style="list-style-type: none"> • Discussion Method, Dictation Method, Reading Method, ICT 			
Assessment	<ul style="list-style-type: none"> • Reflective questions, Quiz, Exam. 			

MONTH: SEPTEMBER

Content/Topic	1st Week	2nd Week	3rd Week	4th Week	5th Week
Unit VII : Test, Measurement & Evaluation	Unit VII <ul style="list-style-type: none"> • Define Test, Measurement & Evaluation • Importance Of Test, Measurement & Evaluation In Sports • Calculation Of BMI & Waist - Hip Ratio • Practical Term-I exam 	Term I Revision	Term -I Examination	Term -I Examination	Paper Discussion
Learning Objectives	<ul style="list-style-type: none"> • To know about the significance and validity of tests and measurement in sports. 				
Expected Learning Outcome	<ul style="list-style-type: none"> • They will also be informed about the various tests and measurement. 				
Teaching Aids	<ul style="list-style-type: none"> • Discussion method, dictation method, reading method, practical method 				
Assessment	<ul style="list-style-type: none"> • Reflective Questions, Quiz, Exam , Practical 				

MONTH: OCTOBER

Content/Topic	1st Week	2nd Week	3rd Week	4th Week
Unit VIII: Fundamentals of Anatomy & Physiology	Unit VIII <ul style="list-style-type: none"> • Definition & Importance of Anatomy, Physiology and Kinesiology 	Unit VIII <ul style="list-style-type: none"> • Function of Skeleton System, Classification of Bones & Types of Joints • Function & Structure of Muscles 	Unit VIII <ul style="list-style-type: none"> • Function & Structure of Respiratory System & Circulatory system. 	Unit VIII <p>Equilibrium – Dynamic & Static And Centre Of Gravity and its application in sports</p> <ul style="list-style-type: none"> • Practical
Learning Objectives	<ul style="list-style-type: none"> • To make the students understand the fundamentals of anatomy and physiology. 			
Expected Learning Outcome	<ul style="list-style-type: none"> • The students will become aware of the functions of various organs and structure of different systems of body. 			
Teaching Aids	<ul style="list-style-type: none"> • Discussion Method, Dictation Method, Reading Method 			
Assessment	<ul style="list-style-type: none"> • Reflective questions, Quiz, Exam, practical demonstration 			

MONTH: NOVEMBER

Content/Topic	1st Week	2nd Week	3rd Week	4th Week	5th Week
Unit IX : Psychology & Sports	Unit IX NA	Unit IX <ul style="list-style-type: none"> • Definition & Importance of Psychology in physical Education & Sports • Define & Differentiate Between Growth & Development 	Unit IX <ul style="list-style-type: none"> • Developmental Characteristics At Different Stage of Development Adolescent Problems & Their Management 	Unit IX <ul style="list-style-type: none"> • Adolescent Problem & their management 	Unit IX <ul style="list-style-type: none"> • Revision Test
Learning Objectives	<ul style="list-style-type: none"> • To make the students identify the developmental characteristics at different stage of development, adolescent problems & their management 				
Expected Learning Outcome	<ul style="list-style-type: none"> • The students will be able to comprehend the psychology in physical education and they will also get an insight of the concepts and principles of sports training. 				
Teaching Aids	<ul style="list-style-type: none"> • Discussion method, dictation method, reading method ,practical methods 				
Assessment	<ul style="list-style-type: none"> • Reflective questions, Quiz, Exam, practical 				

MONTH: DECEMBER

Content/Topic	1st Week	2nd Week	3rd Week	4th Week	5th Week
Unit X : Training & Doping in Sports	Unit X <ul style="list-style-type: none"> • Meaning & Concept Of Sports Training • Principles of Sports Training • Warming up & limbering down 	Periodic Test	Periodic Test	Paper discussion	Winter vacation
Learning Objectives	<ul style="list-style-type: none"> • The students will be able to understand the concept of sports training and Doping. 				
Expected Learning Outcome	<ul style="list-style-type: none"> • Understanding of Sports training and substance abuse 				
Teaching Aids	<ul style="list-style-type: none"> • Discussion method, dictation method, reading method ,practical methods 				
Assessment	<ul style="list-style-type: none"> • Reflective questions, Quiz, Exam, practical 				

MONTH: JANUARY

Content/Topic	1st Week	2nd Week	3rd Week	4th Week
	Winter Break	Winter Break	Unit X <ul style="list-style-type: none">• Concept and Classification Of Doping• Prohibited substance & their side effects	Revision
Learning Objectives	• . The students will be able to understand the concept of sports training and Doping.			
Expected Learning Outcome	• Understanding of Sports training and substance abuse			
Teaching Aids	• Discussion Method, Dictation Method, Reading Method			
Assessment	• Reflective questions, Quiz, Exam			

MONTH: FEBRUARY

Content/Topic	1st Week	2nd Week	3rd Week	4th Week
	Revision	Term II Exams	Term II Exams	Term II Exams