

Amdanga Jugal Kishore Mahavidyalaya
Academic Session-2021-22
Physical Education
1st Semester: Lesson Plan
Part-A(Theory)
Subject Code-PEDGCOR01T

Month	Unit No.	Unit Name	Topic Name	Number of class	Assigned Teacher	
Jul.21	I	Introduction	Meaning and Definition of Physical Education, Aims, Objectives.	4	S.F.M	
			Modern concept, Changing concept of Physical Education.	3		
			Important, Scope of Physical Education	4		
			Class Test	1		
Jul.21	II	Biological, Sociological, Philosophical foundation of Physical Education	Meaning and Definition of growth and development, factors, Differences, Principales	4	W.A	
			Age-Chraonological, Arotomical, Physiological And mental.	2		
Aug.21		Sociological foundation- meaning and Difinition of sociological, Society and Socialization	4	W.A		
			Role of games and sports in national and International integration			2
			Introduction of Philosophies-Naturalism, Pragmatism, realism, Idealism			5
			Class Test			
Aug.21	III	History Of Physical Education	Historical development of Physical Education and sports in India-Pre-Independence & Post-Independence Period.	4	S.F.M	
Sep.21			Olympic movement -ancient and Modern Olympic	2		
			Asian games and commonwealth games	2		
			Historical Pepspectives of Physical Education-USA, UK, Greece, Rome and India.	4		
Sep.21	IV	Yoga Education	Meaning and definition of term Yoga	1	W.A	
			Yoga-Types, Aims, Objectives, Important	3		
			History of Yoga, Astanga Yoga, Hatha Yoga	4		

Nature of Class
Lecture
Lecture
Lecture
Formative Evaluation
Lecture
Lecture
Lecture
Lecture
Lecture & Tutorial
Formative Evaluation
Lecture/Tutorial
Lecture
Lecture
Lecture
Lecture & Tutorial
Lecture
Lecture/Tutorial