

Lesson Plan

Detailed Planner of Physical Education

Month : April

Class:XII

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| Topic | Unit - 1 Management of sporting events Unit - 2 Children and women in sports |
| Concept & Skills | Introduction, Importance of planning in human life as well as insports. |
| Learning Outcomes | To Aware the Students about planning and importance, common posture deformative |
| Instructional Tools & References | Black board and chalks. |
| Pedagogy | Lecture method and Demonstration of the all the fundamental skills of cricket and volleyball game. |
| Activity / Assignment / Research | Solved all questions related to the topic. |
| Assessment | Class test. |
| Field Activity | Volleyball play field dimensions and all specific measurements. |

Month : May

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| Topic | Unit - 2 Children and women in sports. Unit - 3 Yoga as preventive measure for life diseases |
| Concept & Skills | Introduction, common posture deformative, women participation in sports, yoga |
| Learning Outcomes | To Aware the Students about posture deformative, menarche and menstrual dysfunction |
| Instructional Tools & References | Shows the slides of different asanas. |
| Pedagogy | Lecture method and Demonstration of the all the fundamental skills of cricket and volleyball game. |
| Activity / Assignment / Research | Solved all questions related to the topic. |
| Assessment | Class test. |
| Field Activity | Volleyball play field dimensions and all specific measurements. |

Month : July

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| Topic | Unit -4 Physical Education and Sports (CWSN) Unit - 5 Sports and nutrition |
| Concept & Skills | Importance of Yoga in Human life. General awareness, Fitness skill to the children with special need. |
| Learning Outcomes | To aware about importance of diet and nutrition. |
| Instructional Tools & References | Black board and chalks. |
| Pedagogy | Demonstration of all asanas. |
| Activity / Assignment / Research | Solved all the questions related to the topic. |
| Assessment | Class test. Check the student's physical fitness and body balance. Knowledge about games. |
| Field Activity | General and specific warming up to all students.(Basketball, Cricket, Badminton, T.T, Volleyball, Football and Athletics) |

Month : August

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| Topic | Unit - 5 Sports and nutrition. Unit - 6 Test and measurement in sports. |
| Concept & Skills | Importance of sports for children and women. |
| Learning Outcomes | Learn about Test and measurement, Physical fitness tests. |
| Instructional Tools &References | Blackboard and chalk. Show the slides of correct posture. |
| Pedagogy | Lecture method. |
| Activity / Assignment /Research | Solved all the questions related to the topic. |
| Assessment | Class test. |
| Field Activity | Tell the students about how to mark the track(Track eventsand field events) |

Month : September

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| Topic | Revision of units 1, 2, 3 ,4 & 5 |
| Concept & Skills | Aware about planning, balance diet & nutrition Aware about fitness skill & importance of yoga in human life. |
| Learning Outcomes | To aware about planning, children and women in sports & healthy lifestyle, Yoga, Sport Nutrition |
| Instructional Tools & References | Black board and chalk. |
| Pedagogy | Lecture method. |
| Activity / Assignment / Research | Solved all the quarries about the topic. |
| Assessment | Class test. |
| Field Activity | Tell the students about the rules and regulations of badminton game. |

Month : October

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|---|---|
| Topic | Unit - 6 Test and measurement in sports. Unit - 7 Physiology and Injuries in Sports. |
| Concept & Skills | Importance of test and measurement and Physiology in sports. |
| Learning Outcomes | Learn about Test and measurement, Physical fitness tests, Effect of injuries on body parts |
| Instructional Tools & References | Black board and chalk. Shows the slides to the students related to the topic. |
| Pedagogy | Lecture method. |
| Activity / Assignment / Research | Solved all the queries about the topic. |
| Assessment | Class test. |
| Field Activity | Tell the students about the rules and regulations of badminton game. |

Month : November

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|---|---|
| Topic | Unit - 8 Biomechanics & Sports Unit - 9 Psychology & Sports |
| Concept & Skills | Concept, aims, scope of sports medicine and First aid, Major muscles involved in running ,jumping & throwing. |
| Learning Outcomes | Learn about sports injuries and its management. Know about Newton's Law of motion and its application in Sports. . |
| Instructional Tools & References | Black board and chalk, Smart board. |
| Pedagogy | Lecture and Discussion Method. |
| Activity / Assignment / Research | Solved all the questions related to the topic. |
| Assessment | Class test. |
| Field Activity | Revision of the First six units for September Evaluation. |

Month : Dec

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| Topic | Unit - 10 Training in Sports |
| Concept & Skills | Understanding Stress, Personality, Motivation, Method to improve the these components.Srength, endurance, speed and Flexibility,Introduction and importance of circuit training. |
| ,Learning Outcomes | Training method of sports, also learn about how to improve physical fitness. |
| Instructional Tools & References | Black board and chalk, Smart board. |
| Pedagogy | Lecture method and Demonstration method . (Circuit Training) |
| Activity / Assignment / Research | Solved the all questions related the topics. |
| Assessment | Class Test |
| Field Activity | Throwing and Jumping events Practice. |

Month : Jan

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|---|---|
| Topic | Revision of units 1, 2, 3 ,4,5,6,7& 8 |
| Concept & Skills | Aware about planning, balance diet & nutrition Aware about fitness skill & importance of yoga in human life, test and bio mechanic , Importance of sports , test & measurement. |
| ,Learning Outcomes | To aware about planning,balance diet & healthy lifestyle . Test, bio mechanic ,physiology, injuries |
| Instructional Tools & References | Black board and chalk, Smart board. |
| Pedagogy | Lecture method and Demonstration method . (Circuit Training |
| Activity / Assignment / Research | Solved the all questions related the topics. |
| Assessment | Class Test |
| Field Activity | Throwing and Jumping events Practice. |

Month : FEB

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|---|---|
| Topic | Revision of units 9 & 10 |
| Concept & Skills | Importance of Physiology, Importance of sports medicine & first aid. Major muscles involved in running, jumping & throwing Understanding stress personality & motivation. Training method of sports (strength, speed, endurance). |
| Learning Outcomes | Learn about advantages of sports, test & measurement. Learn about management of sports injuries. |
| Instructional Tools & References | Black board and chalk, Smart board. |
| Pedagogy | Lecture method and Demonstration method . (Circuit Training) |
| Activity / Assignment / Research | Solved the all questions related the topics. |
| Assessment | Class Test |
| Field Activity | Throwing and Jumping events Practice. |