

Lesson Plan

Name of the Assistant: Dr. Meenakshi Gupta

Class and Section: B.A. 1st Semester

Subject: Health & Physical Education

S.No.	Week	Topics to be Covered
1.	July 16 - July 21, 2018	Introduction to Physical Education • Meaning & definition of Physical Education • Scope of Physical Education • Introduction of Games & Athletics
2.	July 23 - July 30, 2018	• Physical Education vs. General education • Aim of Physical Education • Measurement of Kho Kho field

Assignment:

Draw a well illustrated diagram of Kho Kho court with related measurements.