

Lesson Plan

Semester-1
Session-2026-27

Name of Faculty--Satpal Singh

Name of Subject--Health & Physical Education

Name of Course--History and Foundation of Physical Education

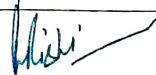
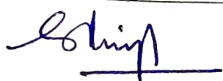
Course Code-----B23-PED-101

Course Type-----Core Course-1, Major Core Course-1

Fortnightly basis Lesson Plan: -

(Tentative schedule)

Month & Date 2026	Theory Topics	Practical Topics
01-14 August	Unit -1– Introduction of Physical Education. • Meaning and definition of physical Education. • Relationship of Physical Education with health and general education. • Aim and objective of Physical Education. • Scope of Physical Education.	Kho-Kho – An introduction and Court specifications.
15-28 August Unit test will be organized	• Need for Physical Education in modern society. • Misconception regarding Physical education. • Physical Education is an Arts or Science.	Kho-Kho – Court specifications.
29 Aug—11 Sept.	• Unit-2 – History of Physical Education in India. • Physical education during Indus Valley civilization (3250 BC–2500 BC) • Physical Education during Vedic period (2500 BC–600 BC). • Physical education during early Hindu period (600 BC–320 AD)	Kho-Kho – General rules Learning through practices.
12—25 Sept. Unit test will be organized	• Physical Education during later Hindu period (320 AD–1000 AD) • Physical Education during medieval period (1000 AD–1757 AD) • Physical Education during British period till 1947. • Physical education after independence.	Kho-Kho – basic skills Learning through practices.
26 Sept.-09 Oct.	Unit -3– Biological Basis of Physical Education. • Meaning of growth and development. • Chronological age • Anatomical age • Physiological age • Mental age.	Badminton – an introduction and court specifications



10---23 Oct. Unit test will be organized	• Principles of growth and development. • Difference between growth and development. • Factors affecting growth and development. • Growth and development at various levels: Pre-adolescence, Adolescence and Adulthood	Badminton – court specifications
24 Oct.31 Oct.	Unit -4- Career Opportunities in Physical Education and Sports. • Qualifications and responsibilities of physical education and sports professional at various levels of educational institutes. • Qualifications and responsibilities as coach, fitness trainer, yoga instructor and others. • Qualifications and responsibilities as sports event manager; technical officials, researcher and others.	Badminton---General Rules Learning Through practices
10-15 November Unit test will be organized	• Qualifications and responsibilities in health clubs and fitness centre, aerobics, dance and recreational clubs in corporate sectors and others. Qualifications and responsibilities of sports journalists, commentators, sports photographers and video analysts; • Career opportunities in various central governments, state government, private organizations and others. • Career opportunities in manufacturing and marketing sectors. • Entrepreneur opportunities in physical education and sports	Badminton – Basic skills Learning through practices.
16 Nov.04 December	Revision of all the syllabus of theory and doubts clearance	Revision of both sports (Kho-Kho & Badminton)

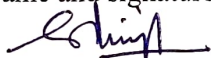
Note- Two Assignments will be taken

➤ **COURSE LEARNING OUTCOME OF THEORY AND PRACTICAL**

After completing this course, the learner will be able:

- Describe the aim, objectives and scope of physical education.
- Explain the historical development of physical education in India.
- Illustrate the basic knowledge of biological aspects of physical education.
- Tell the various career opportunities in physical education and sports.
- Know the basic specifications of court/ground, general rules and demonstrate the basic skills of kho-kho and badminton.

Name and signature of Faculty


(Satpal Singh)

