**Shyama Prasad Mukherji College for Women**

**Department of Physical Education & Sports**

**B.El.Ed Physical Education Teaching Plan**

**Course and Year:** B.El.Ed and 2nd Year (2022-23)

**Paper:** Physical and Health Education

**Faculty:** Dr. Kumari Seema

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| **Teaching Plan** | | | |
| **Details of topics along with no. of classes required to complete the topics (approx):**   * **Physical activity, warm-up and cool down** * **Practice of Asana for Physical, Mental and body confidence** * **Elements of Physical Education overall well-being and self-worth** * **Recreation game and minor game** * **First-aid for situations on field** * **Game skill lesson plan** * **Demonstrate various group formations in an aerobics routine.** | | 40 lectures | Methodology  Lecture + Group Discussion Method + Presentation + Imitation Method + By Part Method |
| **Readings, e-references to be given to students but not prescribed in the syllabus:**   1. Singh, A.; Gill, J.S.; Bains J. & Brar, R.S. (2018). *Essentials of Physical Education.* Kalyani Publishers. 2. Uppal, A.K. (2004). *Fhysical Fitness and Wellness.* Friends Publications (India), New Delhi. 3. Kumari, K.; Rana, A. & Kaushik, S. (2012). *Fitness, Aerobics & Gym Operation.* Khel Sahitya Kendra, New Delhi. | | | |
| **Methodology of Teaching:**  A mixed approach of teaching is used, along with lectures following techniques are used for teaching: | | | |
| **Power Point Presentations and Visual Aids** | It helps the students to understand topics in better manner. It creates a long lasting impact and acts as a good teaching aid. | | |
| **Group discussions** | Various group discussions are conducted within the class to make them better understanding the topic.  Various assignment and projects are given to students so that they can understand the application of the subject and it also encourages group participation. | | |
| **Assignments/Projects** |
| **Tests** | Tests are conducted to prepare the students for the exam.  Students are encouraged to attend inter and intra college workshops/seminars which are conducted at various department at various levels to enhance their knowledge and to strengthen them holistically. | | |
| **Workshops/Seminars** |
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| **Assessment : 25 marks**   1. Students are assessed on the basis of their demonstration or performance (skill, understanding of the scientific concept and technique). **[10 marks]** 2. Viva-voce **[5 marks]** 3. Preparation of Lesson Plan on any topic of the Practical. **[10 marks]** | | | |