

WEEKLY LESSON PLAN

History and Foundation of Physical Education

Programme	B.A. Programme (NEP-2020)	Course Type	Core Course-1 / Major Core Course-1
Course Code	B23-Phy.-Ed.-101	Session	2026-27
Theory	70 Marks (Internal 20 + End Term 50)	Question Paper	50 Marks
Practical	30 Marks (Internal 10 + End Term 20)	Practical Day	Monday only - 1 day per week
Plan Period	1 August 2026 - 5 December 2026	Practical Units	Kho-Kho & Badminton

Teaching Plan Note: Theory is distributed week-wise from 1 August to 5 December 2026, Practical is scheduled only on Monday, one day per week. No teaching/practical work is scheduled from 1-9 November 2026.

MONTH-WISE & WEEK-WISE THEORY LESSON PLAN

Week	Dates	Unit	Topic / Teaching Work	Content / Learning Focus
1	1-7 Aug	I	Meaning, Definition, Relationship and Scope	Meaning, definition, relationship with health and general education; aims, objectives and scope
2	8-14 Aug	I	Need, Misconceptions; Art or Science	Need of Physical Education in modern society, misconceptions, Physical Education as art/science
3	15-21 Aug	II	Indus Valley Civilization	Physical education and activities during Indus Valley Civilization (3250-2500 BC)
4	22-28 Aug	II	Vedic and Early Hindu Period	Physical education during Vedic period and Early Hindu period
5	29 Aug-4 Sep	II	Later Hindu and Medieval Period	Physical education during Later Hindu and Medieval periods
6	5-11 Sep	II	British Period	Development of Physical Education during British period till 1947.
7	12-18 Sep	II	After Independence	Post-independence development, institutions, policies and expansion
8	19-25 Sep	III	Growth and Development	Meaning of growth and development, basic concepts and characteristics
9	26 Sep-2 Oct	III	Types of Age	Chronological, anatomical, physiological and mental age; differences and relevance
10	3-9 Oct	III	Principles of Growth and Development	Principles of growth and development and their educational significance
11	10-16 Oct	III	Factors Affecting Growth and Development	Biological, environmental, nutritional, social and psychological factors
12	17-23 Oct	III	Childhood Development	Growth and development at various levels of childhood, pre-adolescence
13	24-30 Oct	III	Adolescence and Adulthood	Characteristics and development during adolescence and adulthood; revision
—	1-9 Nov	—	NO TEACHING / PRACTICAL WORK	Academic break / no teaching or practical work.
14	10-16 Nov	IV	Careers: Teachers, Coaches, Fitness & Yoga	Qualifications, responsibilities of Physical Education teachers, coaches, fitness trainers and yoga instructors
15	17-23 Nov	IV	Careers: Event Managers, Officials & Researchers	Sports event managers, technical officials, researchers and related careers
16	24-30 Nov	IV	Careers: Health, Fitness, Media & Recreation	Health clubs, fitness centres, aerobics, dance/recreation clubs, sports journalists, commentators, photographers and video analysts
17	1-5 Dec	IV / Revision	Government, Private Careers &	Central State Government and

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			Final Revision	private opportunities; complete syllabus revision and examination preparation.
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MONDAY-ONLY WEEKLY PRACTICAL PLAN

Practical instruction: One practical day every week on Monday only. Prescribed practical units: Kho-Kho and Badminton.

Week	Monday Date	Game / Unit	Practical Topic	Skills / Activity
1	3 Aug	Kho-Kho	Introduction, court specifications and equipment	Court layout, dimensions, markings, terminology and safety
2	10 Aug	Kho-Kho	General Rules-I	Team composition, innings, turns, chasing and running rules
3	17 Aug	Kho-Kho	General Rules-II	Fouls, points, substitutions, officials and match procedure.
4	24 Aug	Kho-Kho	Basic Skills-I	Sitting/chasing position, running, pole turning and movement.
5	31 Aug	Kho-Kho	Basic Skills-II	Giving Kho, receiving Kho, dodging and controlled chasing.
6	7 Sep	Kho-Kho	Combined Skills	Chasing/defending drills, teamwork and coordination.
7	14 Sep	Kho-Kho	Practice Match & Skill Test	Modified match and basic skill assessment.
8	21 Sep	Badminton	Court Specifications & Equipment	Court, net, racket, shuttle, grip and safety.
9	28 Sep	Badminton	General Rules-I	Scoring, service, singles/doubles and match procedure.
10	5 Oct	Badminton	General Rules-II	Faults, lets, service rotation and officials.
11	12 Oct	Badminton	Basic Skills-I	Ready position, grip, footwork, forehand and backhand.
12	19 Oct	Badminton	Basic Skills-II	Serving, receiving, overhead strokes, clear and drop.
13	26 Oct	Badminton	Combined Skill Practice	Footwork, service, strokes and rally drills.
—	2 Nov	—	NO PRACTICAL WORK	Falls within 1-9 November break.
14	16 Nov	Badminton	Practice Match & Assessment	Singles/doubles practice and performance assessment.
15	23 Nov	Kho-Kho & Badminton	Rules and Skills Revision	Revision of court specifications, rules and basic skills.
16	30 Nov	Kho-Kho & Badminton	Final Practical Assessment Preparation	Demonstration, viva voce and practical record preparation.

PRACTICAL ASSESSMENT STRUCTURE

Component	Topics / Evaluation	Marks	Contact Hours
Unit I	Kho-Kho: Court specifications, general rules and basic skills	15	15 Contact Hours
Unit II	Badminton: Court specifications, general rules and basic skills	15	15 Contact Hours
Internal Assessment	Skill Test / Assignment / Quiz / Viva / Practical Record File	10	—
End Term Exam	Performance in Skill Test / Demonstration / Viva / Practical Record File	20	—

EXPECTED COURSE LEARNING OUTCOMES

- Describe the aims, objectives and scope of Physical Education.
- Explain the historical development of Physical Education in India.
- Illustrate basic biological aspects of Physical Education, including growth and development.
- Identify various career opportunities in Physical Education and Sports.
- Know basic court specifications and general rules and demonstrate basic skills of Kho-Kho and Badminton.

15/08/26
10/08/26