Even Semester Lesson Plan IV Semester

Teacher name: Mr. Brajesh Kumar

**Subject : Health and physical education**

April 2021

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| **Warming Up and Cooling Down:**1. Meaning, types and significance of warming up2. Meaning, types and significance of cooling down.3. Methods of warming up and cooling down.4. Physiological aspects of warming up and cooling down |

May 2021

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| **Psychological aspects of Physical Education:**1. Meaning of Psychology and sports Psychology2. Need and importance of sports psychology3. Learning: meaning and laws4. Learning curve |

June 2021

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| **Major Sports Events**1. Ancient Olympic Games2. Modern Olympic Games3. Asian Games4. Common Wealth Games |

July 2021

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| **Anatomy and Physiology of Human Body System**1. Structure of Respiratory Organs.2. Physiology of respiratory System.3. Effect of exercise on respiratory System4. Terminology of respiration: Tidal Volume, Residual Volume and Total Lung Capacity. |