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 up  2. 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 Psychology  2. Need and importance of sports psychology  3. Learning: meaning and laws  4. Learning curve |

June 2021

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| **Major Sports Events**  1. Ancient Olympic Games  2. Modern Olympic Games  3. Asian Games  4. 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 System  4. Terminology of respiration: Tidal Volume, Residual Volume and Total Lung Capacity. |