

Lesson plan	
	Class : B.A 1st year (Multidisciplinary)
	Paper : Foundation of Physical Education
	Paper code: 24PEDM401DS01
15- 19 July 2025	Concept of Physical Education: Meaning, Definition & Scope
21 -26 July 2025	Aims & Objectives of Physical Education
28 July 2 Aug. 2025	Importance of physical education in modern era
4- 8 August. 2025	Misconception about Physical Education
11-14 August 2025	Revision and Test
18-23 August 2025	History of Physical Education in Ancient Greek, Comparative Study of Spartan and Athenian Education
25-30 August 2025	History of Physical Education in Germany, Sweden & Denmark
1-6 Sept. 2025	History of Physical Education in India (Pre- Independence & Post Independence Era)
8-13 Sept. 2025	Revision and Test
15-20 Sept. 2025	Origin and Development of Olympic Games (Ancient & Modern)
22-27Sept. 2025	Origin and Development of Commonwealth Games
29 Sept 4Oct. 2025	Origin and Development of Asian Games
6- 11,13Oct.2025	Origin and Development of National Games
14-22 Oct. 2025	Break. Holidays
23- 25, Oct.2025	Test
27 -30 Oct.2025	National awards: Major Dhyan Chand Khel Ratna Award, Arjuna Award
3-8 Nov.2025	Dronacharya Award, Dhyan Chand Award

10-15 Nov.2025	National Programmes / Schemes: Sports Authority of India
17-22 Nov.2025	Fit India Movement, Khelo India, Target Olympic Podium Scheme
24-29 Nov.2025	Revision and Test