

D.A.V. GIRLS COLLEGE, KOSLI, REWARI, HARYANA

LESSON PLAN FOR THE ODD SEMESTER 2026–2027

Name of the Teacher	MANISHA KUMARI
Class / Semester	B.A. 2nd Year, Semester III
Subject	Physical Education
Paper Name	Sports Psychology
Paper Code	24L5.0-PED-301
Teaching Term	20 July 2026 – 30 November 2026

Date	Month	Unit	Particulars
20–24 Jul	Jul	Unit I	Meaning and definition of psychology and sports psychology.
27–31 Jul	Jul	Unit I	Importance and scope of sports psychology; relationship between psychology and sports psychology.
03–07 Aug	Aug	Unit I	Role of the sports psychologist; discussion and Unit I revision.
10–14 Aug	Aug	Unit II	Meaning and types of motivation in sports.
17–21 Aug	Aug	Unit II	Theories of motivation and their application in sports.
24–28 Aug	Aug	Unit II	Techniques for enhancing motivation; motivation–performance relationship; revision.
31 Aug–04 Sep	Sep	Unit III	Meaning and definition of stress and anxiety in sports.
07–11 Sep	Sep	Unit III	Causes of stress and anxiety; relationship between stress and anxiety.
14–18 Sep	Sep	Unit III	Coping and management strategies; Unit III revision and class test.
21–25 Sep	Sep	Unit IV	Meaning, types and traits of personality.
28 Sep–02 Oct	Oct	Unit IV	Theories of personality and relevance to sport.
05–09 Oct	Oct	Unit IV	Personality-assessment tools; Unit IV revision.
12–16 Oct	Oct	Practical	Middle/long-distance athletics: equipment, objectives, dimensions and rules.
19–23 Oct	Oct	Practical	Warm-up; start, acceleration and pace drills.
26–30 Oct	Oct	Practical	Stride-length and finish drills; cool-down practice.
01–09 Nov	Nov	—	Diwali vacation — no teaching classes.
10–13 Nov	Nov	All Units	Complete syllabus revision and examination-oriented preparation.
16–20 Nov	Nov	All Units	Model questions, practical demonstration and final revision.
23–27 Nov	Nov	All Units	Final revision; syllabus completed.

Unit-wise Coverage

Unit	Topics Covered	Period
Unit I	Basics of sports psychology	20 Jul–07 Aug
Unit II	Motivation in sports	10 Aug–28 Aug
Unit III	Stress and anxiety in sports	31 Aug–18 Sep
Unit IV	Personality and sports	21 Sep–09 Oct
Practical	Athletics: middle and long-distance races	12 Oct–30 Oct
All Units	Revision and examination preparation	10 Nov–27 Nov

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LESSON PLAN FOR THE ODD SEMESTER 2026–2027

Name of the Teacher	
Class / Semester	B.A. 2nd Year, Semester III
Subject	Physical Education
Paper Name	History & Principles of Physical Education
Paper Code	24L5.0-PED-302
Teaching Term	20 July 2026 – 30 November 2026

Date	Month	Unit	Particulars
20–24 Jul	Jul	Unit I	Meaning and definition of physical education.
27–31 Jul	Jul	Unit I	Principles of physical education.
03–07 Aug	Aug	Unit I	Aims and objectives of physical education.
10–14 Aug	Aug	Unit I	Need and scope of physical education in modern society; Unit I revision.
17–21 Aug	Aug	Unit II	History of physical education in India during the pre-Independence period.
24–28 Aug	Aug	Unit II	Physical education in India after Independence.
31 Aug–04 Sep	Sep	Unit II	History of physical education in Greece.
07–11 Sep	Sep	Unit II	History of physical education in Rome; Unit II revision.
14–18 Sep	Sep	Practical	Kabaddi: equipment, objectives, dimensions and rules.
21–25 Sep	Sep	Practical	General and specific warm-up; foot-movement drills.
28 Sep–02 Oct	Oct	Practical	Ankle hold and thigh hold drills.
05–09 Oct	Oct	Practical	Raider drills, game practice and cooling down.
12–16 Oct	Oct	All Units	Theory revision: principles, aims, objectives, need and scope.
19–23 Oct	Oct	All Units	Theory revision: India, Greece and Rome; class test.
26–30 Oct	Oct	All Units	Practical skill assessment and viva preparation.
01–09 Nov	Nov	—	Diwali vacation — no teaching classes.
10–13 Nov	Nov	All Units	Complete syllabus revision and examination-oriented preparation.
16–20 Nov	Nov	All Units	Model questions, practical demonstration and final revision.
23–27 Nov	Nov	All Units	Final revision; syllabus completed.

Unit-wise Coverage

Unit	Topics Covered	Period
Unit I	Meaning, principles, aims, objectives, need and scope of physical education	20 Jul–14 Aug
Unit II	History of physical education in India, Greece and Rome	17 Aug–11 Sep
Practical	Kabaddi: rules, drills and game skills	14 Sep–09 Oct
All Units	Revision, assessment and examination preparation	12 Oct–27 Nov