

TEACHING PLAN

HEALTH AND PHYSICAL EDUCATION

DAYS WAISE SYLLBUS

Incharge –

S. N O	DATE	TOPIC	PPT	VEDIOS	NOTES
1	10.12.20	MEANING OF HEALTH EDUCATION			Y
2	11.12.20	AIMS & OBJECTIVES OF HEALTH EDUCATION			Y
3	12.12.20	IMPORTANCE OF HEALTH EDUCATION			Y
4	14.12.20	PRINCIPAL OF HEALTH EDUCATION			Y
5	15.12.20	MEANING OF PHYSICAL EDUCATION			Y
6	16.12.20	AIMS & OBJECTIVES OF PHYSICAL EDUCATION			Y
7	17.12.20	IMPORTANCE OF PHYSICAL EDUCATION			Y
8	18.12.20	MENING OF SCHOOL HEALTH PROGRAMMES			Y
9	19.12.20	OBJECTIVE OF SCHOOL HEALTH PROGRAMMES			Y
10	21.12.20	ORGANISATION OF SCHOOL HEALTH PROGRAMMES			Y
11	22.12.20	MEANING OF SCHOOL HEALTH SERVICES			Y
12	23.12.20	IMPORTANCE OF SCHOOL HEALTH SERVICES			Y
13	24.12.20	AGENCIES OF SCHOOL HEATH SERVICES			Y
14	26.12.20	MEANING OF HEALTH INSTRUCTIONS/SUPERVISION			Y
15	28.12.20	IMPORTANCE OF HEALTH INSTRUCTIONS			Y

16	29.12.20	OBJECTIVES & SCOPE OF HEALTH INSTRUCTIONS			Y
17	30.12.20	MEANING OF DIET NUTRITION			Y
18	1.1.21	NEED & IMPORTANCE OF NUTRITION DIET			Y
19	2.1.21	CLASSIFICATION OF FOODS ACCORDIND OF FUNCTION			Y
20	4.1.21	CONSTITUENTS OR INGREDIENTS OF FOOD			Y
21	5.1.21	BALANCED DIET			Y
22	6.1.21	IMPORTANCE OF BALANCED DIET			Y
23	7.1.21	MALNUTRITION & IT'S CAUSES			Y
24	8.1.21	EFFECTS OF MALNUTRITION			Y
25	9.1.21	REMEDIES FOR MALNUTRITION			Y
26	11.1.21	MEANING OF CONFLICT			Y
27	12.1.21	ALCOHOLISM & DRUG ABUSE/DEPENDENCE			Y

28	13.1.21	SMOKING & OBESITY			Y
29	15.1.21	STRESS AND DEPRESSION			Y
30	16.1.21	COMMUNICABLE DISEASES			Y
31	18.1.21	CHARACTERISTIES OF COMMUNICABLE DISEASES			Y
32	19.1.21	COMMON SYMPTOMS OF COMMUNICABLE DISEASES			Y
33	20.1.21	STAGES OF INFECTIOUS DISEASES			Y
34	21.1.21	SAME COMMON INFECTIOUS DISEASES			Y
35	22.1.21	CHINCKENPOX & TYPHOID			Y
36	23.1.21	MEANING & NEED OF FIRST AID			Y
37	25.1.21	PRINCIPAL OF FIRST AID			Y

38	27.1.21	FIRST AID KIT			Y
39	28.1.21	MEANING & IMPORTANCE OF POSTURE			Y
40	29.1.21	CHARACTERISTICS OF GOOD POSTURE			Y
41	30.1.21	VALUES OF POSTURE			Y
42	1.2.21	CAUSES OF POSTURE			Y
43	2.2.21	COMMON POSTURAL DEFORMITIES			Y
44	3.2.21	PREVENTIVE MEASURES			Y
45	4.2.21	EXERCISES FOR IMPROVING POSTURAL DEFECTS			Y
46	5.2.21	MEANING OF YOGA EDUCATION			Y
47	6.2.21	AIMS OF YOGA EDUCATION			Y
48	8.2.21	PRINCIPAL OF YOGA EDUCATION			Y
49	9.2.21	BENEFITS OF SPECIFIC YOGA ASANA			Y
50	10.2.21	MEANING OF RECREATION			Y
51	11.2.21	AIMS OF YOGA			
52	12.2.21	PRINCIPAL OF YOGA			
53	13.2.21	MEANING OF RECREATION ACTIVITIES			Y
54	15.2.21	VALUES OF RECREATION			Y
55	16.2.21	SCOPE OF RECREATION			Y
56	17.2.21	CLASSIFIED OF RECREATION ACTIVITIES			Y
57	18.2.21	BADMINTON			Y
58	19.2.21	VOLLEYBALL			Y
59	20.2.21	KHO-KHO			
60	22.2.21	ORGANIZATION & ADMINISTRATION			Y
61	23.2.21	TOURNAMENTS			Y

62	24.2.21	ORGANIZATION OF TOURNAMENTS			Y
63	25.2.21	MEANING OF ALTHLETIC MEET			Y
64	26.2.21	NEED & IMPORTANCE OF ALTHLETIC MEET			Y
65	27.2.21	ORGANIZATION OF ALTHLETIC MEET			Y
66	1.3.21	ORGANIZATION OF ALTHLETIC MEET AT SCHOOL LEVEL			Y