



Shreekrishna Shikshan Sanstha's

SHRIKRISHNA SHARIRIK SHIKSHAN MAHAVIDYALAYA

Near Vaishali Nagar, Satpute Nagar, New Mhasala, Wardha-442001

Affiliated to R.T.M. Nagpur University, Nagpur & Recognised by NCTE (WRC) BHOPAL

NCTE College Code No. B.P.Ed.-114083 M.P.Ed. OAPW 5588/124068


E-Mail: shreekrushna.wardha@gmail.com Website: www.shreekrushnassmv.com Phone: 8975136126/942280284

Ref: NAAC 2024/MLD/Cr-2.4.5

Date-24/01/2024

Criteria: 2.4.5	Adequate skills are developed in students for effective use of ICT for teaching learning process in respect of 1. Preparation of lesson plans 2. Developing assessment tools for both online and offline learning 3. Effective use of social media/learning apps/adaptive devices for learning 4. Identifying and selecting/ developing online learning resources 5. Evolving learning sequences (learning activities) for online as well as face to face situations
Findings of DVV	Documentary evidence in support of each response selected. Sample evidence showing the tasks carried out for each of the selected response
Response/ Clarification	1. Sample lesson plan by students is attached (Appendix I) 2. Supporting documents and reports of the activities are attached (Appendix II)




Principal
Shreekrishna Sharirik Shikshan
Mahavidyalaya Wardha

Appendix I



**SHREEKRISHNA SHARIRIK
SHIKSHAN MAHAVIDYALAYA**

New Mhasala, WARDHA-442 001

*Seen
Awarshi
08/5/23*

B.P.E.S./B.P.Ed./M.P.ED

Sem. 1st/2nd/3rd/4th/5th/6th

FINAL LESSION

Roll No. : 24

Subject : _____

Unit : _____

FINAL LESSON

Name of the School: SHREE KRISHNA SHARIRIK

SHIKSHAN MAHAVIDYALAYA

Class: B.P.E.S 3rd year

Duration: 45 minutes




Teaching Activity: to teach them about
Volley ball.

Previous Knowledge: Nil.


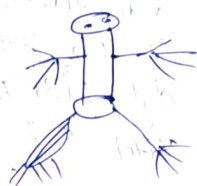
Aim of the Lesson: To develop the knowledge
of the students

Objective of the Lesson: To teach them about
skill and other things about volley
ball through lessons.

Srl.No	Steps of Lesson and Time	Subject Matter
1)	प्रस्तावना एवं स्फूर्तिकरण (२म)	① स्फूर्तिकरण ② उपासिका ③ रिपोर्ट
2)	विभिन्न उर्जस व्यायाम (५म)	1) जगह पर धीरे 2) २ जोड़ियां 3) हिय रीटिंग 4) ड्रिज 5) हंड्स - स्टैंडिंग 6) गैक - रीटिंग

Class Formation	Methodology
एक पंक्ति रचना 	सर्वप्रथम शिक्षक धरती की एक पंक्ति में एक पंक्ति में खड़ा करेगा। उसकी उपासिका होगी।
	तथा अस्वस्थ धरती की अलग खड़े करेगा। उसके बाद पाठ विभिन्न की रिपोर्ट करेगा और पाठ खुद करने की अनुमति मांगेगा।
अर्धवृत्तकी रचना 	प्रथम शिक्षक धरती की एक वृत्त की धीरे धीरे उसे परचात एक अर्धवृत्त में खड़े करके में पैदा करता है वैसा करे। सभी उर्जस व्यायाम धरती से करवायेगा।

Srl.No	Steps of Lesson and Time	Subject Matter
3)	<p>मुख्य अंश स्व (Com)</p>	<p>अण्डर डैण्ड अर्चिस</p> <p>(i) इंडी होने की शक्ति हमने बाया पैर आगे तथा दाहिने पैर पीछे तथा पीछे आगे की तरफ होता है।</p> <p>3) क्रिया करने के बाद की शक्ति :- मैंद मारती ही खिलाड़ी का हाथ आगे आता है। खिला का हाथ अभी आता है। उसका दाहिना पैर संयुक्त बचाती ड्य आगे की तरफ आता है। और खिलाड़ी मैफन में प्रवेश करता है।</p>

Class Formation	Methodology
<p>समूह रचना</p>  	<p>उत्तेजक व्यायाम के पश्चात शिक्क बताती की दो पक्षों में खड़ा करेगा। बाद में अंश स्व का पूर्ण प्रदर्शन देगा। और उसी अंश स्व की पूर्ण पडवी से प्रदर्शित करेगा। बताती उत्तरी का योग्य स्पर्शी - करण करेगा।</p>

Srl.No	Steps of Lesson and Time	Subject Matter	Class Formation	Methodology
4)	अभ्यास कार्य [8m]	शिक्षक को विनियमित करने के लिए छात्रों से शीतलनी का अभ्यास कराया।	टी समूह रचना T (समूह रचना)	शिक्षक छात्रों को समूह में बाँटेगा। समूह में अभ्यास करेंगे। शिक्षक छात्रों को निरीक्षण करेंगा। उस समय जो छात्र मालती करते हैं। उनकी मालतियाँ सुपाँव। उचित समय तक छात्र अभ्यास करते रहेंगे।
5)	ड्रक खेल [7m]	इस खेल में टी टीम खेलेंगे। वॉलबाल वृत्त में तिन वृत्त बनाए जाते हैं। एक एक माध्यम वृत्त 2 अंक एक बड़ा वृत्त 4 अंक है। एक अंकित क्षेत्र है। (T) समूह रचना		ड्रक खेल अभ्यास कार्य के पश्चात शिक्षक छात्रों को टी संघों में बाँटेगा। उनमें उचित व देगा। उसके बाद बाद ड्रक खेल का स्पष्टीकरण करेगा। समय में खेल का प्रदर्शन भी करवाया जाएगा।
6)	अभ्यास कार्य विस्तार	<ol style="list-style-type: none"> 1) शकतीकरण 2) उपस्थिति 3) अभ्यास 4) रिपोर्ट तथा विस्तार 5) विस्तार 		



**SHREEKRISHNA SHARIRIK
SHIKSHAN MAHAVIDYALAYA**

New Mhasala, WARDHA-442 001

Seen
08/05/23

✓
B.P.E.S./B.P.Ed./M.P.ED

Sem. 1st/2nd/3rd✓/4th/5th/6th

FINAL LESSION

Roll No. : 06

Subject : वातायाम

Unit : _____

FINAL LESSON

Name of the School: Shreekrishna Shomrik

Shikshan Mahavidyalaya New Masala Wards

Class: B.P.E.S. 3rd year

Duration: 60-90 Minets




Teaching Activity: To teach them about villey
on discuss thruu

Previous Knowledge: Null


Aim of the Lesson: To develop the knowledge

Objective of the Lesson: To teach @ about skills
and other thing about villey thugh
Lesson.

Srl.No	Steps of Lesson and Time	Subject Matter
1.	प्रस्तावना एवं स्फूर्तिकरण (2m)	1. स्फूर्तिकरण 2. उपस्थिति 3. रिपोर्ट
2.	विशेष अत्रैजक व्यायाम (6m)	1. रनिंग 2. साइकिनिंग 3. अल्टरनेट-थी टचिंग 4. हंड स्टेशन 5. वीतल स्टेशन 6. अंक स्टेशन

Class Formation	Methodology
<p>स्कंध पंक्ति रचना</p>  	<p>सर्वप्रथम शिक्षक सीट्टी बनाकर छात्रों को एक पंक्ति में खड़ा करेगा। उनकी उपस्थिति लेगा। बीमार तथा अस्वस्थ छात्रों को अलग बैठायगा। उसके पश्चात् पाठ निरिद्धन को रिपोर्ट करेगा और पाठ शुरू करने की अनुमती माँगेगा।</p>
<p>अध्वितक रचना</p> 	<p>प्रथम शिक्षक छात्रों को एक वृत्त में बैठायेगा उसके पश्चात् एक अध्वित में खड़े करके "मैं जैसा करता हूँ जैसा करो" ऐसा आदेश देकर सभी अत्रैजक व्यायाम छात्रों से करावेगा।</p>

Srl.No	Steps of Lesson and Time	Subject Matter
3.	मुख्य कौशल्य (10m)	<p>अण्डर हॅण्ड प्रकिया :</p> <p>1. अण्डर हॅण्ड की स्थिति (Stances) इसमें बायाँ पैर आगे तथा दाहिना पैर पीछे तथा थोड़ा आगे की तरफ झुका होता है। बायाँ हाथ नाभिक के सामने होता है, तथा गैन्ट हाथ की हाथेली पर होगी दाहिना हाथ पीछे तथा नजर गैन्ट पर होगी है।</p> <p>2. क्रिया करने की स्थिति : (Execution) इसमें हम अपने आँखों की ऊँचाई तक गैन्ट उखाड़ी है और दाहिने हाथ पीछे से आगे लेकर हाथेली की पीछे वाले हिस्से से गैन्ट को मारते हैं।</p> <p>3. क्रिया करने के बाद की स्थिति (Follow through) गैन्ट मारते ही खिलाड़ी का हाथ आगे आता है उसका दाहिना पैर संतुलन बनाने हुए आगे की तरफ आता है और खिलाड़ी मैदान में प्रवेश करता है।</p> <p>कौशल्य विकसित करने के लिए छात्रों से कौशल्य का अभ्यास करना।</p>
4.	अभ्यास कार्य (8m)	कौशल्य विकसित करने के लिए छात्रों से कौशल्य का अभ्यास करना।

Class Formation	Methodology
<p>समूह रचना</p> <p> </p> <p> </p> 	<p>उत्तेजक वाक्य के पश्चात् शिक्षक छात्रों को दो पंक्ति में खड़ा करेगा। बाद में कौशल्य का पूर्ण प्रदर्शन देगा। और उन्हीं कौशल्य को अंशों में बाँटेगा। सभी अंशों का योग्य स्पष्टीकरण करेगा। साथ-2 प्रदर्शन भी देगा कौशल्य की पूर्ण पद्धती से प्रदर्शित करेगा। छात्रों के समझने पर कौशल्य का अभ्यास करायेगा।</p> <p>शिक्षक छात्रों को समूह में बाँटेगा। छात्र समूह में अभ्यास करेंगे। शिक्षक छात्रों का निरीक्षण करेगा। उस समय जो छात्र गलती करते हैं। उनकी गलतियाँ सुधारने के अतिरिक्त समय तक छात्र समूह में अभ्यास करते रहेंगे।</p>
दो समूह रचना	

Srl.No	Steps of Lesson and Time	Subject Matter
5.	पूरक खेल (7m)	अंडर हेंड सर्विस स्पेस : इस खेल में दो टीमों होती हैं। वॉलीबॉल कोर्ट में निम्न वृत्त बनाए जाते हैं। वृत्त में रस्क छोटा वृत्त 3 अंक रस्क माध्यम वृत्त 2 अंक रस्क बड़ा वृत्त 1 अंक अंकित किसी कुर्ची रहते हैं। स्फु प्रारंभ रखा होती है दोनों टीम के खिलाड़ी अंडर हेंड सर्विस के द्वारा गेंद को वृत्त में गिराते हैं। गेंद विपक्ष में गिरती है। उनी अंक उस खिलाड़ी को मिलती है। टीम के सभी खिलाड़ी को यह अंक दिया जाता है। जो टीम ज्यादा अंक प्राप्त करती है वह विजयी होती है।
6	मूल्यांकन अंक विसर्जन (3m)	<ol style="list-style-type: none"> स्फुरीकरण उपरि धारि मूल्यांकन रिपीट तथा विसर्जन की अनुमति विसर्जन

Class Formation	Methodology
(T) समूह रचना	अभ्यास कक्ष के पश्चात् शिक्षक छात्रों को दो संघों में बाँटेगा। उनकी उचित नाम देगा। उसके बाद पूरक खेल का स्पष्टीकरण देगा साथ में खेल का प्रदर्शन भी देगा। छात्रों को खेल का नियम समझायेगा। छात्रों के समझने पर खेल शुरू करेगा। अन्त में विजय अंक का तालिखी के द्वारा अभिलेखन करेगा।
स्क पंक्ति की रचना	पूरक खेल के पश्चात् शिक्षक छात्रों को एक पंक्ति में खड़ा करेगा। उनकी उपरि धारि देगा। पढ़ाई कुश पाठ पर रचना करेगा तथा छात्रों का मूल्यांकन करेगा। छात्रों की शकाओं का समाधान करेगा। उसके पश्चात् पाठ शिक्षक निरीक्षक को रिपीट करेगा और विसर्जन की अनुमति मागेगा। अनुमति के पश्चात् विसर्जन करेगा।

FINAL LESSON

Name of the School: Shree Krishna Sharada
Shiksha Mahavidyalaya

Class: B.P.E.S Final Year

Duration: 45 minutes




Teaching Activity: to teach them about
leabadi

Previous Knowledge: Nil


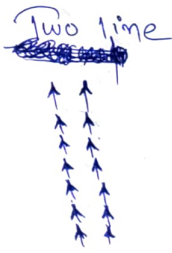
Aim of the Lesson: To develop the knowledge
of the student.

Objective of the Lesson: To teach them
about skill and things about
leabadi through lesson -

Srl.No	Steps of Lesson and Time	Subject Matter
01	Introductory (02 minutes)	1, Assembly 2, Roll call 3, Report
02,	Specific warming up (05 minutes)	1, Running 2, Alternate toe touch 3, Cycling 4, Hip rotation 5, Trunk rotation 6, Hand rotation 7, Neck rotation
03,	Teaching funda mented skill (10 minutes)	1, Approach :- The teacher will enter the court of other team by continued saying Kabaddi 2, Stance :- both legs should be across from each other and players should keep on jumping. 3, execution :- The kaidar will sit

Class Formation	Methodology
Single line 	The Teacher will blow a long whistle and order the students to stand in a single line. Then Teacher will take attendance and sick and injured students will be ordered to sit aside. After that he will report to supervisor and take permission to start the lesson.
Semi-circle 	Teacher will order students to form in a circle. The will order the students to form a semi-circle. Then he will order the students to watch the action of the Teacher, students will follow the actions and start the warming up exercise.
Two line 	The Teacher will give the demonstration of the skill with proper explanation. After that the Teacher will ask the students to do the same skill and correction will be made then and there. After that the skill will be performed by the students continuously. Teacher will explain the skill by whole part whole method.

Srl.No	Steps of Lesson and Time	Subject Matter
		<p>down on the left leg and stoerck his right leg to touch the outer side of the toe with his white erection toe touch the whole body weight should be on non wicking leg.</p> <p>4. Follow through:- After execution the touch the teacher will the teacher will stand still and will return to its court.</p>
04,	practice of the Skill (8 minutes)	Intensive practice will be performed for the developments the touch skill.
05,	practice of the Skill (8 minutes)	Intensive practice will be performed for the developments the touch skill. Start line will be drawn 7 m deep. One player of each team will touch the bottom of the bottom of the on players by using toe. If on player touch the ball point II.

Class Formation	Methodology
<p>Group</p>  <p>Two line</p> 	<p>The teacher will divide the students in two groups. Students will practice the skill touch. Teacher will correct the mistakes made by the students. Students will correct the same. Students will practice till they learn the skill well.</p> <p>After the practice of the skill teachers will make two teams and name them 'A' and 'B' respectively. They lead up game explain the lead up game and will demonstrate the and will demonstrate the same. They will also explain the rules of the game. After the students understood the game the teacher will begin the game. The</p>

Srl.No	Steps of Lesson and Time	Subject Matter
06.	Evaluation and dismissal (3 minutes)	1. Assembly 2. attendance of the students 3. Report 4. Dismissal

Class Formation	Methodology
Single line ★★★★★★	<p>winning team will be cheered up to the losing.</p> <p>After the lead game Teacher will order the students to form again in single line. They will take their attendance, also will discuss the topic taught. They will report to the supervisor and will take his permission for dismissal the class. After getting permission will dismiss the class.</p> <p style="text-align: right; font-size: 2em;">Seen</p>

Project



**SHRIKRUSHNA SHARIRIK
SHIKSHAN MAHAVIDYALAYA,**
Sewagram Road, WARDHA

M.P.Ed. *3rd Sem*

LESSION PLAN
ADVANCE COACHING IN SPORTS

Roll No. : 15
Activity : Volley Ball - underhand Service
Date : 19/12/19 Court No _____

LESSION PLAN

ADVANCE COACHING IN SPORTS

1. Roll No: _____

2. Activity Volley Ball

3. Skill under hand service

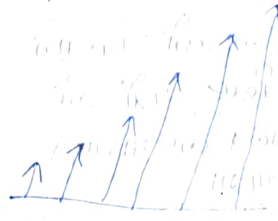
4. Objective of the lesson _____

5. Student's Standard in the related sports _____

6. Teaching Aids चुना, कीता, सीटी आदि

7. Duration of the period: 35 min.

No	Steps of Content	Method
1)	प्रस्तावना (2m)	1) दृक्क्रीकरण 2) उपरिचयित 3) रिपोर्ट
	उत्तेजक व्यायाम	1) 2निंग 2) पंपिंग 3) अल्टरनेट वी टच 4) अर्म स्ट्रेंशन 5) नैक स्ट्रेंशन
	सुरक्ष्य कौशल्य (10m)	अण्डर हंड सविस्स में खड़े होने की शक्ति :-> इसमें बाया पैर आगे तथा दाया पैर पीछे तथा चौड़ा आगे की तरफ झुका होता है बाया हाथ नाभ के सामने है तथा गेंद बाय दबोली पर दोनों चाँदल तथा गकर गेंद पर दोनों चाँदल सविस्स मारने की शक्ति में हम अपने जेद के अनुसार बाल को हवा में उछालेंगे तथा दाया हाथ पीछे लेकर जाना है फिर दबोली को लेकर जोरसे

Scientific Principles	Objectives	Organization
	हाथ को दबोली को लेकर बाल को मारना है	लेकर बाल को
	सर्वप्रथम शिक्षक छात्रों को सीधी लम्बाकर दृक्क्रीत करेगा तथा छात्र एक पक्ति में खड़े हो जाएंगे	छात्रों को सीधी
	उसके पश्चात उपरिचयित बाद निरीक्षण को रिपोर्ट करेगा तथा पाठ शुरू करने की अनुमति मागेगा	लेकर उसके रिपोर्ट करेगा करने की अनुमति
	शिक्षक छात्रों को एक वृत्त में खड़ा होगा तथा व्यायाम करवाएगा	एक वृत्त उनकी उत्तेजक करवाएगा
	उत्तेजक व्यायाम छात्रों को दोबारा करेगा बाद में उद्देश्य देगा उसके हंड सविस्स को कि गेंद को पैर मागे जाएगा।	के पश्चात शिक्षक पक्ति में खड़ा कौशल्य का पूर्ण पश्चात अण्डर कौशल्य बताएगा छात्र मारते समय
	उसमें सतुलन बल को लिए धारणा पर मागे की मार डाला है।	

Steps of Content	Method
4) अभ्यास कार्य (8m)	कौशल्य को धारण करने के लिए छात्रों को कौशल्य का अभ्यास कराया जाएगा
5) पुरक खेल (7m)	अंडर द्रॉप सर्विस एक खेल में दो टीम होती हैं। वालीबाल कोर्ट में दो बल्ले बनाए जाते हैं। बल्ले में एक छील तथा एक मध्यम बल्ले बनाया जाएगा। एक रेखा होती है। दोनों टीम के खिलाड़ी अंडर द्रॉप सर्विस द्वारा खेल को खेल में करते हैं।
X X	
X X	
X X	
✓ X	
X ✓	

Scientific Principles	Objectives	Organization
	शिक्षक छात्रों को एक समूह में बाँटेगा। छात्र समूह में अभ्यास करेंगे।	
	उस समय कोई भी छात्र गलती करेगा तो शिक्षक उसकी गलती सुधारेंगा।	
	उचित समय तक छात्र समूह में अभ्यास करते रहेंगे।	
	अभ्यास करने के लिए शिक्षक छात्रों को दो भागों में बाँटेगा तथा उपस्थिति लेगा।	
	उपस्थिति लेकर उसके बाद शिक्षक निश्चित के पास जा कर विसंजन की अनुभूति कराएगा।	

LESSON PLAN

ADVANCE COACHING IN SPORTS

1. Roll No: _____

2. Activity FOOT ball

3. Skill Push pass and sole trap

4. Objective of the lesson To teach Basic skills

of FOOT ball and to make aware

about Rules and regulation of game

5. Student's Standard in the related sports _____

6. Teaching Aids FOOT ball, markers -

7. Duration of the period: 35 min

Sr.No	Steps of Content	Method
①	Introduction Assembly Roll call	with the blowing of whistle teacher collect the student make them stand in line after that they take assembly of the student and then take roll call of them and then teacher take the permission from the sig. to start the lesson.
②	Exercise From Running, handstand, UP run, SPAT Jump, From forward bend, utter, net toe touch, rotation of hand, west and leg	<u>Demonstration method</u> Teacher form two line and then with student they start running and after that teacher make them stand in semicircle and perform the exercise.
③	Introduction After exercise teacher will tell them what game they are going to do teacher will tell them what skill they are going to perform and will ask student what they know about the skill and after that teacher show them a skill with dice	<u>Demonstration Method</u> <u>Implementation Method</u>

Scientific Principles	Objectives	Organization
	To make student stand in one line and after that take roll call of the student	
Basic Movement to make them and	To Make student aware about basic exercise and give them proper knowledge about tell them importance of exercise	
Body movement of body freely	To develop their eye and leg co-ordination	
While playing the game	To teach student basic skill of football and make aware about football co-ordination and about the rules and regulation of the game	

Steps of Content	Method
<p>help of one student while teaching student are standing in semi circle</p> <p>① Sole trap ② Push pass</p> <p>To perform sole trap teacher told to student pass the ball to teacher then they stop the ball with the help of sole trap and at the same time they taught the skill of push pass to the student</p>	<p>Implementation method</p> <p>To practice the skill</p>
<p>④ Implementation Practice of skill</p> <p>To conduct practice Teacher divide the student in two group and tell them to do practice of the skill while one person will do sole trap same way they will follow the skill</p>	<p>Implementation method</p> <p>To practice the skill</p>

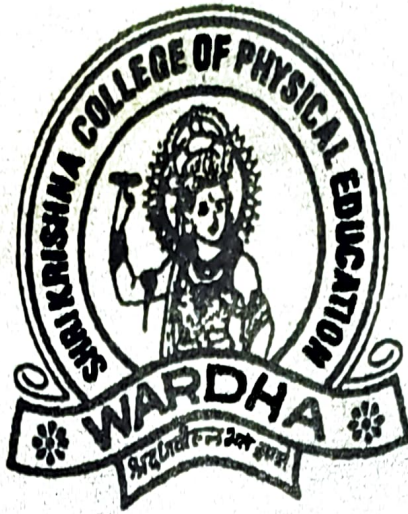
Scientific Principles	Objectives	Organization
<p>To perform the skill of football</p> <p>To develop their skill</p>	<p>To make student familiar with the use of ball and to practice the skill</p>	<p>Organization</p>

Steps of Content	Method	Scientific Principles	Objectives	Organization										
<p>④ Re-creation With the help of Re-creation game make student play and to enjoy the game with the help of skill which they learn in class Student are divided into 2 group each group will have one person they will pass the ball to the second person and try to finish the game game early announcement of the winner</p>	<p>practice and performance</p>	<p>To make them play with the ball and to try to handle the ball</p>	<p>To make make them play</p>	<p> <table border="0"> <tr><td>x</td><td>x</td></tr> <tr><td>x</td><td>x</td></tr> <tr><td>x</td><td>x</td></tr> <tr><td>x</td><td>x</td></tr> <tr><td>x</td><td>x</td></tr> </table> </p>	x	x	x	x	x	x	x	x	x	x
x	x													
x	x													
x	x													
x	x													
x	x													
<p>⑤ Assembly After game over teacher blow the whistle to make student assemble on the ground to take roll call of the student teacher take roll call and give the award ① class standard ② class attention</p>		<p>To make them know how to stand for assembly and for attendance</p>	<p>To make them stand for disposal of the class class</p>	<p>x x x x x T</p>										

Steps of Content	Method
<p>⑦ Disposal of class.</p> <ol style="list-style-type: none"> ① class standing ② class attention ③ class dismissal 	<p><i>[Faint handwritten notes in the Method column]</i></p>

Scientific Principles	Objectives	Organization
	<p>To be Disposed the class for the next lecture</p>	

Internal.



**SHREEKRISHNA SHARIRIK
SHIKSHAN MAHAVIDYALAYA**

New Mhasala, WARDHA-442 001

B.P.E.S. / B.P.Ed. / M.P.ED

Sem. 1st / 2nd / 3rd / 4th / 5th / 6th

FINAL LESSION

Roll No. : 902311 12

Subject : Dumbbells

Unit : _____

FINAL LESSON

Name of the School: *Shree Krishna Shastri*

Sukshan Mahavidyalaya

Class: *B. P. E 2nd year*

Duration: *35 minutes*

Teaching Activity: *Dumbbells*

Previous Knowledge: *Null*

Aim of the Lesson: *To develop all the round personality of student through physical education.*

Objective of the Lesson :

Srl.No	Steps of Lesson and Time	Subject Matter
1.)	Introductory. (2 minutes)	① Assembly ② roll call ③ Report
2.)	Warming up activities (4 minutes)	Running in circle 2) Neck rotations 3) trunk rotation 4) alternate foot touching 5) lunging c) hand rotation
3.)	Development activities (8 minutes)	1) Back hand forward. 2) Back hands upward. 3) Same as 1) 4) sit low position Second exercise (last) 1) Both hands on the waist and hills rotation 2) Twist the upper body 3) same as 1) 4) low position

Class Formation	Methodology
single line formation <pre> x x x x x x T </pre>	The teacher will blow a cony whistle and order students to stand in a single line. We will take the report from supervisor then will take permission to start the lesson.
semicircle formation <pre> + x x x x x + T x </pre>	The teacher will order the students to run in a circle and after that stand in a same circle and order them "Follow me".
Three lines formation <pre> x x x x x x + x x + x x + x x T </pre>	After warming up activities the teacher will order the students to stand in one line and tell them to count from 1 to 3 after that teacher will order that No. 1 to stand in front of No. 2 stay in place and no. 3 and set back direct them in 3 lines.

Srl.No	Steps of Lesson and Time	Subject Matter
4)	Teaching activity	<p><u>Third exercise</u></p> <p>1) Both hands forward with left leg forward and slightly bending from knees</p> <p>2) Hand upward and stand in toes</p> <p>3) Same as (1)</p> <p>4) A loose position</p> <p><u>Dumbles</u></p> <p><u>First exercise</u></p> <p>Both hand forward straight up the dumbles.</p> <p>2) Rest the hands and the dumbles.</p> <p>3) Same as (1)</p> <p>4) A loose position</p> <p><u>Second exercise</u></p> <p>Both hand towards and pick up dumbles</p> <p>2) Hold the arms with the dumbles</p> <p>3) Same as (1) position</p> <p>4) A loose position</p> <p><u>Third exercise</u></p> <p>1) Hand upward and no dumbles over</p> <p>2) hands downward and feet in front of hip.</p> <p>3) Same as (1) position</p> <p>4) A loose position</p>
5)	Recreational	

Class Formation	Methodology
Three lines formation	<p>The teacher will check that the ten groups are not coming on the student's ball.</p> <p>Then he will perform and explain the first exercise. He will then order them to do the same.</p> <p>The same practice will then order to do them again.</p> <p>The teacher will perform and explain the first exercise continuously.</p> <p>Then he will perform the exercise by count. Then he will order the students to do the same exercise.</p> <p>If there is any mistakes. Then the exercise continuously by 16 counts.</p> <p>The same procedure will be applied for the same at the end that exercise will be performed continuously.</p>
X X X X X X X X X X X X X X X T	

Srl.No	Steps of Lesson and Time	Subject Matter	Class Formation	Methodology
5.	Recreational activity (8 minutes)	<p>hanga reedy</p> <p>The game is played by 2 teams with equal numbers of the players.</p> <p>Each group will stand behind the starting line.</p> <p>The first player of team will keep the ball on his legs then he will hop to bring the line back. The process will be continued until the players get the chance in first finish will win.</p>	<p>Two lines formation</p> <pre> X X X X X X X X X X T </pre>	<p>The teacher will make two teams from students with proper names. He will explain the game to the players. He will first perform the game.</p> <p>On his signal the students will shortly start the game. At the end he will declare the winner with appreciation.</p>
6.)	Evolution and Dismissal (5 minutes)	<ol style="list-style-type: none"> ① Assembly ② Roll Call ③ Report ④ Dismissal 	<p>single line formation</p> <pre> X X X X X X T </pre>	<p>After recreation activities the teacher will order the student to make a single line and will check the roll call. Then he will report to the supervisor and take permission for the dismissal and then he will dismiss the class.</p>



**SHRIKRUSHNA SHARIRIK
SHIKSHAN MAHAVIDYALAYA,**

Sewagram Road, WARDHA

M.P.Ed. IIIrd sem.

LESSION PLAN
ADVANCE COACHING IN SPORTS

External

Roll No. : 05.
Activity : shot put.
Date : 19/12/2019 Court No _____

LESSON PLAN

ADVANCE COACHING IN SPORTS

1. Roll No: 05.

2. Activity Shot put

3. Skill Proper o-brien.

4. Objective of the lesson To teach them skill of

shot put

5. Student's Standard in the related sports

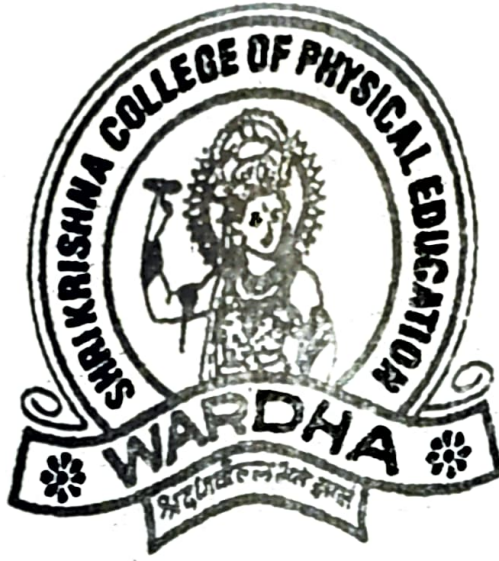
6. Teaching Aids Shot put, white power, tape.

measuring tape.

7. Duration of the period 15 min

Sr. No	Steps of Content	Method	Principles	Objectives	Organization
			<p>1) Holding a put. The shot is held at the base of the fingers should not touch palm.</p> <p>2) Neck placement. Hold the put in your hand. push the shot into your neck. lift your elbow parallel to the floor. palm should be pointing toward throwing direction.</p> <p>3) Delivery of shot. Keep the elbow high at all time. finish the punch with a flip of the wrist.</p> <p>4) Position. stand at the back of the ring. our back should face to throwing area. • hold put in your hand right leg ahead and left leg at back. • bend little forward bend your both leg in knee. left hand forward slight for balance. • with the help of your left leg shift your body toward throwing area. • Turn your body and release your throw. • after throw place your right leg again in the circle. • Exit from the back.</p>	<p>To teach them how to hold the shot put and how to release the shot put.</p> <p>To teach them how to keep body while throwing shot put.</p>	<p>Lead up Y Y Y X T</p> <p>Evolution 1) Assembly 2) Roll call 3) Report 4) Dismiss</p>

Sr. No.	Steps of Content	Method	Principles	Objectives	Organization																				
04.	Practice of the skill.	Command method	Teacher allow the to practice the skill under guidance teacher will observe the student how they practice	To give the Practice to students.	<table border="1"> <tr><td>X</td><td>X</td></tr> <tr><td>X</td><td>X</td></tr> <tr><td>X</td><td>X</td></tr> <tr><td>X</td><td>X</td></tr> <tr><td></td><td></td></tr> <tr><td>X</td><td></td></tr> <tr><td>T</td><td></td></tr> </table>	X	X	X	X	X	X	X	X			X		T							
X	X																								
X	X																								
X	X																								
X	X																								
X																									
T																									
05.	Lead up game.	Competition. Command method.	Competition. Teacher will form two group for the competition. in each group equal students will be there. the team which will throw highest will win the game. teacher make them play and annouced the winner.	To make them play. and learn the skill through competition.	<table border="1"> <tr><td>X</td><td>X</td></tr> <tr><td>X</td><td>X</td></tr> <tr><td>X</td><td>X</td></tr> <tr><td>X</td><td>X</td></tr> <tr><td>X</td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td>X</td></tr> <tr><td></td><td>T</td></tr> </table>	X	X	X	X	X	X	X	X	X					X		T				
X	X																								
X	X																								
X	X																								
X	X																								
X																									
	X																								
	T																								
06.	Evaluation and Dismiss of class	Command method.	After competition teacher call the student to stand in line Take the rollcall ask the supervisor to dismiss the class.	To dismiss the class.	<table border="1"> <tr><td>X</td><td>X</td><td>X</td><td>X</td><td>X</td><td>X</td><td>X</td><td>X</td><td>X</td><td>X</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>T</td></tr> </table>	X	X	X	X	X	X	X	X	X	X										T
X	X	X	X	X	X	X	X	X	X																
									T																



**SHREEKRISHNA SHARIRIK
SHIKSHAN MAHAVIDYALAYA**

New Mhasala, WARDHA- 442 001

B.P.E. / B.P.Ed.

FINAL LESSON

INTERNAL
Physical Education / Sport Coaching /
Athletics/ Formal Activities

Roll No. : 18

Subject : Badminton

Unit : _____

FINAL LESSON

Name of the School: SHREEKRISHNA SHARIRIK
SHIKSHANI MAHANIDYALAYA

Class: B. Ped II Sem

Duration: 45 min

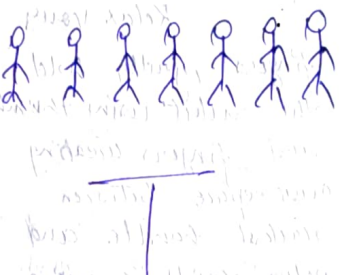
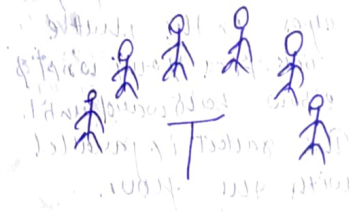
Teaching Activity: GENERAL

Previous Knowledge: Was the Rules and
Regulations of the Badminton game

Aim of the Lesson: To improve the forehand
service of the Badminton.

Objective of the Lesson: The student will be able
to understand and perform the basic
skills and rules of badminton program

Sl. No	Steps of Lesson and Time	Subject Matter
1.	<p>Introduction Part</p> <p>2 minutes</p>	<ol style="list-style-type: none"> 1. Assembly 2. Attendance of the students 3. Repeat
2.	<p>Warming up activities</p> <p>4 minutes</p>	<ol style="list-style-type: none"> 1. Running 2. Hand Rotation 3. Hip Rotation 4. Alternative toe touch lunging 5. DPP

Class Formation	Methodology
<p>Single line formation.</p> 	<p>The Teachers will blow a long whistle and order students to form a single line. Then teacher will take the attendance sick and injured will be ordered to aside After third ee will report to supervision and will take permission to start the lesson.</p>
<p>Semi-circle formation</p> 	<p>Teacher will make the student can in circle then will order the students to "Follow him" seeing the action of the teacher students will start the warming up exercises.</p>

Srl.No Steps of Lesson and Time Subject Matter

3. Teaching Fundamental
10 minutes

High Seewie
(Badminton)

1. Grip :-

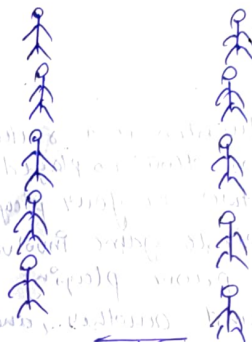
Relax your fingers, gently hold the racket using thumb and fingers creating some space between racket handle and palm you'll be using your thumb, make finger waddle fingers to do the tap. Fingers should be curdly, susty until tapping hot excited.

2. Execution: keep your eyes on the shuttle cock. Flex your wrist & elbow backward until. The racket is parallel with the floor.

3. Follow: Through adopt the forehand grip and an attacking stance your body should face sideways, not the front. Move your racket arm towards, the extent

Class Formation

Two Lines Formation



Methodology

Teacher will make two lines of new students and with demonstrate the skill of high seewie. Then will show the student step by step different part of new skill of high seewie and with demonstrate and explain the same. In the end the whole sk will to done once again.

After the skill is follow by the students the ask to the student practice the same.

Srl.No	Steps of Lesson and Time	Subject Matter
--------	--------------------------	----------------

4. Practice of the Fundamental
10 minutes

To make the students perfect in the skill.

Class Formation

Methodology

Group formation

I II

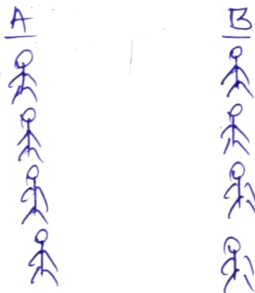


The teachers will decide the students in two teams. Students will practice the skill among the team. Teacher will correct the mistake will practice till they learn the skill well.

5. Lead up Activity

Badminton is a racket sport that is played by two or four players. A single game involves one person playing against another, and a double game is when two players play against another two players. A game involves a shuttlecock over a net into their opposition side of the court.

Two lines formation

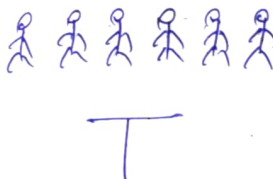


After the practice of skill teacher will divide the students in two teams and will name them 'A' and 'B' respectively. The teacher will explain the lead up game & will also explain the rules of the games.

6. Assembly and Dismissal
3 minutes

1. Assembly
2. Attendance
3. Evaluation
4. Report
5. Dismissal

Single line



After the lead game teacher will order the students to form again single line. Teacher will take their attendance also will discuss the topic taught. Then will report supervision and will take permission for dismissal & getting permission will discuss the class.

Appendix II



Shreekrushna Shikshan Sanstha's

SHRIKRISHNA SHARIRIK SHIKSHAN MAHAVIDYALAYA

Near Vaishali Nagar, Satpute Nagar, New Mhasala, Wardha-442001

Affiliated to R.T.M. Nagpur University, Nagpur & Recognised by NCTE (WRC) BHOPAL

NCTE College Code No. B.P.Ed.-114083 M.P.Ed. OAPW 5588/124068

E-Mail: shreekrushna.wardha@gmail.com Website: www.shreekrushnassmv.com Phone: 8975136126/9422802843

Planning and scheduling academic, cultural and sports events in school

Academic Year: 2021-22

Activity: Drama and Art in Education

Participants Count: All Students.

Date of Activity: 02/03/2022 to 03/03/2022

Place: ShriKrishna Sharirik Shikshan Mahavidyalaya, Wardha

Objective: To develop inborn talent of students.

To draw out the hidden talent of the students ShriKrishna Sharirik Shikshan Mahavidyalaya, Wardha organized different activities under the drama and art in education from 02/03/2022 to 03/03/2022. Various activities including Rangoli, Mehendi, Dance and songs. 25 students took part in Rangoli Competition, 15 students took part in Mehendi, 20 students participated in Group and Solo Dance and 20 students in Song competition. All students actively took part in organizing different activities. Prize distribution had been done by the hands of teaching staff and Principal.




Principal
Shrikrishna Sharirik Shikshan
Mahavidyalaya Wardha



Shreekrushna Shikshan Sanstha's

SHRIKRISHNA SHARIRIK SHIKSHAN MAHAVIDYALAYA

Near Vaishali Nagar, Satpute Nagar, New Mhasala, Wardha-442001

Affiliated to R.T.M. Nagpur University, Nagpur & Recognised by NCTE (WRC) BHOPAL

NCTE College Code No. B.P.Ed.-114083 M.P.Ed. OAPW 5588/124068

E-Mail: shreekrushna.wardha@gmail.com Website: www.shreekrushnassmv.com Phone: 8975136126/9422802843

Executing/conducting the event Report

Academic Year: 2021-22

Activity: Discussion on philosophy and educational thoughts of Swami Vivekananda

Participants Count: 33 Students

Date of Activity: 12.01.2022

Place: ShriKrishna Sharirik Shikshan Mahavidyalaya, Wardha

Objective: To study about the contribution of Swami Vivekananda in education.

Swami Vivekanand was educational thinkers whose educational philosophy was based on Vedanta and upnishada. ShriKrishna Sharirik Shikshan Mahavidyalaya, Wardha organized discussion on philosophy and educational thoughts of Swami Vivekanand on 12.01.2022 which is marked as National youth day. All students are divided into groups; each group had given different topics such as philosophy of life, educational thoughts, curriculum, teaching method etc of Swami Vivekanand. Students were expressed their views during discussion.




Principal
Shrikrishna Sharirik Shikshan
Mahavidyalaya Wardha



Shreekrushna Shikshan Sanstha's

SHRIKRISHNA SHARIRIK SHIKSHAN MAHAVIDYALAYA

Near Vaishali Nagar, Satpute Nagar, New Mhasala, Wardha-442001

Affiliated to R.T.M. Nagpur University, Nagpur & Recognised by NCTE (WRC) BHOPAL

NCTE College Code No. B.P.Ed.-114083 M.P.Ed. OAPW 5588/124068

E-Mail: shreekrushna.wardha@gmail.com Website: www.shreekrushnassmv.com Phone: 8975136126/9422802843

Involvement in preparatory arrangements report

Academic Year: 2021-22

Activity: National Science Day

Participants Count: 78 Students


Date of Activity: 28.02.2022

Place: ShriKrishna Sharirik Shikshan Mahavidyalaya, Wardha

Objective: To develop interest in science.

To pay honour to all scientists ShriKrishna Sharirik Shikshan Mahavidyalaya, Wardha celebrated National science day on 28.2.2022 by organizing different activities. Principal gave a speech on why we celebrate science day and its importance.




Principal
Shrikrishna Sharirik Shikshan
Mahavidyalaya Wardha



Shreekrushna Shikshan Sanstha's

SHRIKRISHNA SHARIRIK SHIKSHAN MAHAVIDYALAYA

Near Vaishali Nagar, Satpute Nagar, New Mhasala, Wardha-442001

Affiliated to R.T.M. Nagpur University, Nagpur & Recognised by NCTE (WRC) BHOPAL

NCTE College Code No. B.P.Ed.-114083 M.P.Ed. OAPW 5588/124068

E-Mail: shreekrushna.wardha@gmail.com Website: www.shreekrushnassmv.com Phone: 8975136126/9422802843

Planning and execution of community related events report

Academic Year: 2021-22

Activity: Teacher's day celebration.

Participants Count: 25 Students

Date of Activity: 05.09.2021

Place: ShriKrishna Sharirik Shikshan Mahavidyalaya, Wardha

Objective: To honour those who are in the teaching profession

To give honour to all teachers ShriKrishna Sharirik Shikshan Mahavidyalaya, Wardha celebrated teacher's day on 05/09/2021. Various activities were conducted to express gratitude towards teacher. All students Actively participated in the activities.




Principal
Shrikrishna Sharirik Shikshan
Mahavidyalaya Wardha