



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


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Ref: NAAC 2024/MLD/Cr-2.4.9

Date-24/01/2024

Criteria: 2.4.9	Average number of students attached to each school for internship during the last completed academic year 2.4.9.1. Number of schools selected for internship during the last completed academic year
Findings of DVV	Copy of the schedule of work of internees in each school. Plan of teacher engagement in school internship
Response/ Clarification	<ol style="list-style-type: none">1. Copy of Schedule of work on internees and Internship time table certified by Principal is attached (Appendix I)2. Plan of teachers engagement in school internship is attached (Appendix II)




Principal
Shreekrushna Sharirik Shikshan
Mahavidyalaya Wardha

Appendix I


RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY
List of Examiners of the Practical Examinations, 2023.

Form No. 13
CONFIDENTIAL

Examination : B.P.E.D. First Semester (C.B.S.) Winter- 2023.

Centre : Shrikrishana Sharirik Shikshan M.V. Wardha

Subject	External Examiner	Internal Examiner	Days and Dates	Time
Part-B Practical course	<ol style="list-style-type: none">Dr. J. Thakur, K.D. Pawar , College of Physical Education, Saoner.Dr. S. Khandve, K.D. Pawar , College of Physical Education, Saoner.Dr. D.N. Gujarkar, RASSMV, Wardha	<ol style="list-style-type: none">Dr. Abhays SuchhaDr. Ashok Kumar Singh,Dr. R.R. Chamoli	29 th & 30 th January, 2024	7.00 a.m. to 6.00 p.m.


Assistant Registrar (Conf.)
Rashtrasant Tukadoji Maharaj
Nagpur University, Nagpur

Shrikrishna Sharirik Shikshan Mahavidyaya, New Mhasala , Wardha

B.P.E.S.(Three Year U.G. Course)Theory Time Table 2023-24

	Class	10:00am to 10:45am	10:45am to 11:30am	11:30am to 12:15am
Monday	B.P.E.-1 st .	Elements of Phy.Edu. (Prof. Manisha Nagose)	Anatomy & Physiology (Dr. yelne)	History (Dr. S. Dakhore)
	B.P.E.-2 nd year	Yoga (Prof.sohan R. Satpute)	History Dr. S. Dakhore)	Psychology of Exercises& kinesiology (Dr. yelne)
	B.P.E-Final year	History (Dr. S. Dakhore)	Recreation (Prof.sohan R. Satpute)	Principles History& Phy. Edu. (Dr. Shahnawaj)
Tuesday	B.P.E.-1 st .	History (Dr. S. Dakhore)	Anatomy & Physiology (Dr. yelne)	Elements of Phy.Edu. (Prof. Manisha Nagose)
	B.P.E.-2 nd year	Yoga (Prof.sohan R. Satpute)	History (Dr. S. Dakhore)	Psychology of Exercises& kinesiology (Dr. yelne)
	B.P.E-Final year	Principles History& Phy.Edu. (Dr. Shahnawaj)	Recreation (Prof.sohan R. Satpute)	History (Dr. S. Dakhore)
Wednesday	B.P.E.-1 st .	History (Dr. S. Dakhore)	Elements of Phy.Edu. (Prof. Manisha Nagose)	Anatomy & Physiology (Dr. yelne)
	B.P.E.-2 nd year	Yoga (Prof.sohan R. Satpute)	Psychology of Exercises& kinesiology (Dr. yelne)	History (Dr. S. Dakhore)
	B.P.E-Final year	Principles History& Phy.Edu. (Dr. Shahnawaj)	History (Dr. S. Dakhore)	Recreation (Prof.sohan R. Satpute)
Thursday	B.P.E.-1 st .	Health ,Hygieneand Sanitation (Prof. Manisha Nagose)	Language (Prof. Rajnish Chamoli)	General Science (Prof. Sohan Satpute)
	B.P.E.-2 nd year	Methods in Physical edu. (Prof. Rajnish Chamoli)	Educational psycholgy & Coun.& Guidance (Dr. Shahnawaj)	
	B.P.E-Final year	Organigation & Administration In Phy.Edu. (Prof. Sohan Satpute)	Offciating Coaching (Prof. Rajnish Chamoli)	Health Education & R.M.& corrective Phy.Edu. (Dr. Shahanawaj)
Friday	B.P.E.-1 st .	Language (Prof. Rajnish Chamoli)	Health ,Hygieneand Sanitation (Prof. Manisha Nagose)	General Science (Prof. Sohan Satpute)
	B.P.E.-2 nd year	Educational psycholgy & Coun.& Guidance (Prof. Satpute)	Methods in Physical edu. (Prof. Rajnish Chamoli)	
	B.P.E-Final year	Offciating Coaching (Prof. Sohan Satpute)	Organigation & Administration In Phy.Edu. (Prof. Sohan Satpute)	Health Education & R.M.& corrective Phy.Edu (Dr. Shahanawaj)
Saturday	B.P.E.-1 st .	Health ,Hygieneand Sanitation (Prof. Manisha Nagose)	Language (Prof. Rajnish Chamoli)	General Science (Prof. Sohan Satpute)
	B.P.E.-2 nd year	Methods in Physical edu. (Prof. Rajnish Chamoli)	Educational psycholgy & Coun.& Guidance (Prof. satpute)	
	B.P.E-Final year	Organigation & Administration In Phy.Edu. (Prof. Sohan Satpute)	Offciating Coaching (Prof. Rajnish Chamoli)	Health Education & R.M.& corrective Phy.Edu (Dr. Shahanawaj)

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Shrikrishna Sharirik Shikshan Mahavidyaya, New Mhasala ,wardha
 Practical Time Table B.P.E.S(Three Year CBCS Course) 2023-24
 EVENING Assembly

	Class	4:00 pm to 4:30 pm	4:30 pm to 5:10 pm	5:10pm to 5:50 pm	5:50 pm to 6:30 pm
Monday	B.P.E.-1 st SEM..	Kho-Kho (Dr. Dinkar)	Volley-Ball (Prof.Manisha nagose)	Long- Jump (Prof. Rajnish Chamoli)	Free Play
	B.P.E.S-2 nd SEM.	Javelin (Prof. Rajnish Chamoli))	Kho-Kho (Dr.Dinkar)	Hand-Ball (DR. Shahnawaj)	Free Play
	B.P.E.S-3 rd SEM	Kabaddi Dr.Atkare	Hand-Ball (DR. Shahnawaj)	Shot-Put (Prof.Dakhore)	Free Play
Tuesday	B.P.ES1SEM.	Kho-Kho (Dr. Dinkar)	Volley-Ball (Prof.Manisha Nagose)	Long- Jump (Prof. Rajnish Chamoli)	Free Play
	B.P.E.S-2 nd SEM	Javelin (Prof. Rajnish Chamoli))	Kho-Kho (Dr. Dinkar)	Hand-Ball (DR. Shahnawaj)	Free Play
	B.P.E.S-3 rd SEM	Kabaddi Dr.Atkare	Hand-Ball Dr .Shahnawaz	Shot-Put (Prof.Dakhore)	Free Play
Wednesday	B.P.E.S.-1 st SEM.	Kho-Kho (Dr. Dinkar)	Volley-Ball Prof.Manisha Nagose)	Long- Jump (Prof. Rajnish Chamoli)	Free Play
	B.P.E.S-2 nd SEM,	Javelin (Prof. Rajnish Chamoli))	Kho-Kho (Dr. Dinkar)	Hand-Ball (DR. Shahnawaj)	Free Play
	B.P.E.S-3 rd SEM	Kabaddi Dr.Atkare	Hand-Ball (Prof. Rajnish Chamoli)	Shot-Put (Prof.Dakhore)	Free Play
Thursday	B.P.E.S-1 st SEM.	Kho-Kho (Dr. Dinkar)	Volley-Ball (Prof. Rajnish Chamoli)	Long- Jump Dr.Atkare	Free Play
	B.P.E.S-2 nd SEM	Javelin (Prof. Rajnish Chamoli))	Kho-Kho (Dr. Dinkar)	Hand-Ball (DR. Shahnawaj)	Free Play
	B.P.E.S-3 rd SEM	Kabaddi Dr.Atkare	Hand-Ball (DR. Shahnawaj)	Shot-Put (Prof.Dakhore)	Free Play
Friday	B.P.E.S-1 st SEM.	Kho-Kho (Dr. Dinkar)	Volley-Ball Prof.Manisha Nagose	Long- Jump (Prof. Rajnish Chamoli)	Free Play
	B.P.E.S-2 nd SEM	Javelin (Prof. Rajnish Chamoli))	Kho-Kho (Dr. Dinkar)	Hand-Ball (DR. Shahnawaj)	Free Play
	B.P.E.S-3 rd SEM	Kabaddi Dr.Atkare	Hand-Ball (DR. Shahnawaj)	Shot-Put (Prof.Dakhore)	Free Play
	B.P.E.S.1ST SEM [†] .	Kho-Kho (Dr. Dinkar)	Volley-Ball Prof.Manisha Nagose	Long- Jump (Prof. Rajnish Chamoli)	Free Play

Saturday	B.P.E-2 nd SEM	Javelin (Prof. Rajnish Chamoli)	Kho-Kho (Dr. Dinkar)	Hand-Ball (DR. Shahnawaj)	Free Play
	B.P.E-S 3 RD SEM	Kabaddi Dr.Atkare	Hand-Ball (DR. Shahnawaj)	Shot-Put (Prof.Dakhore)	Free Play

Shrikrishna Sharirik Shikshan Mahavidyaya, New Mhasala ,wardha
Practical Time Table B.P.ES-(Three Year Course) 2023-24
Morning Assembly

	Class	6:30 am to 7:15 am	7:15 am to 8:00 am	8:00 am to 8:45 am	8:45 am to 9:00 am
Monday	B.P.E.S-1 st . SEM	Drill & Marching (Prof.Sohan Sir)	Gymnastic (Prof. Rajnish Chamoli)	Yogasana (Prof. Pragati Manikkule)	Free Play
	B.P.ES-2 nd SEM	Yogasana (Prof. Pragati Manikkule)	Wands (Prof.Sohan Sir)	Gymnastic (Prof. Rajnish Chamoli)	Free Play
	B.P.ES 3 RD SEM	Gymnastic (Prof. Rajnish Chamoli)	Yogasana (Prof. Pragati Manikkule)	Lezium (Prof. Rajnish Chamoli)	Free Play
Tuesday	B.P.E.S-1 st . SEM	Drill & Marching (Prof.Sohan Sir)	Gymnastic (Prof. Rajnish Chamoli)	Yogasana (Prof. Pragati Manikkule)	Free Play
	B.P.E-2 nd SEM	Yogasana (Prof. Pragati Manikkule)	Wands (Prof.Sohan Sir)	Gymnastic (Prof. Rajnish Chamoli)	Free Play
	B.P.ES- SEM	Gymnastic (Prof. Rajnish Chamoli)	Yogasana (Prof. Pragati Manikkule)	Lezium (Prof. Rajnish Chamoli)	Free Play
Wednesday	B.P.E.-1 st . SEM	Drill & Marching (Prof.Sohan Sir)	Gymnastic (Prof. Rajnish Chamoli)	Yogasana (Prof. Pragati Manikkule)	Free Play
	B.P.E-2 nd SEM	Yogasana (Prof. Pragati Manikkule)	Wands (Prof.Sohan Sir)	Gymnastic (Prof. Rajnish Chamoli)	Free Play
	B.P.ES 3 RD SEM	Gymnastic (Prof. Rajnish Chamoli)	Yogasana (Prof. Pragati Manikkule)	Lezium (Prof. Rajnish Chamoli)	Free Play
Thursday	B.P.E.S-1 st . SEM	Drill & Marching (Prof.Sohan Sir)	Gymnastic (Prof. Rajnish Chamoli)	Yogasana (Prof. Pragati Manikkule)	Free Play
	B.P.ES 2 ND SEM	Yogasana (Prof. Pragati Manikkule)	Wands (Prof.Sohan Sir)	Gymnastic (Prof. Rajnish Chamoli)	Free Play
	B.P.ES-3 RD SEM	Gymnastic (Prof. Rajnish Chamoli)	Yogasana (Prof. Pragati Manikkule)	Lezium (Prof. Rajnish Chamoli)	Free Play
Friday	B.P.E.-1 st . SEM	Drill & Marching (Prof.Sohan Sir)	Gymnastic (Prof. Rajnish Chamoli)	Yogasana (Prof. Pragati Manikkule)	Free Play
	B.P.ES- 3 RD SEM	Yogasana(Prof. Pragati Manikkule)	Wands (Prof.Sohan Sir)	Gymnastic (Prof. Rajnish Chamoli)	Free Play

	B.P.ES 3ED SEM	Gymnastic (Prof.Rajnish Chamoli)	Yogasana(Prof. Pragati Manikkule)	Lezium (Prof. Rajnish Chamoli)	Free Play
Saturday	B.P.ES 1ST SEM	Drill & Marching (Prof.Sohan Sir)	Gymnastic (Prof. Rajnish Chamoli)	Yogasana(Prof. Pragati Manikkule)	Free Play
	B.P.E-2 nd SEM	Yogasana(Prof. Pragati Manikkule)	Wands (Prof.Sohan Sir)	Gymnastic (Prof. Rajnish Chamoli)	Free Play
	B.P.ES 3 RD SEM	Gymnastic (Prof. Rajnish Chamoli)	Yogasana(Prof. Pragati Manikkule)	Lezium (Prof. Rajnish Chamoli)	Free Play

Shrikrishna Sharirik Shikshan Mahavidyaya, New Mhasala , Wardha

B.P.Ed. Theory Time Table 2023-24 Semester -1st.

	10:00am to 10:50 am	10:50 am to 11:40 am	11:40 am to 12:30 am
	Section –A	Section –A	Section –A
Monday	History, Principles and foundation of Physical Education (Prof. Rajneesh R. Chamoli)	Health Education and Environmental Studies (Dr. Sohan Satpute)	Olympic Movement (Dr. Arun Atkare)
	Section –B	Section –B	Section –B
	Health Education and Environmental Studies (Dr. Arun Atkare)	History, Principles and foundation of Physical Education (Prof. Rajneesh R. Chamoli)	Oficiting Coaching (Dr. Sohan Satpute)
Tuesday	Section –A	Section –A	Section –A
	Health Education and Environmental Studies (Dr. Sohan Satpute)	Olympic Movement (Prof. Rajneesh R. Chamoli)	History, Principles and foundation of Physical Education (Dr. Mhd.Shahnawaj)
	Section –B	Section –B	Section –B
	History, Principles and foundation of Physical Education ()	Oficiting Coaching (Dr. Sohan Satpute)	Health Education and Environmental Studies (Dr. Mhd.Shahnawaj)
Wednesday	Section –A	Section –A	Section –A
	Olympic Movement (Dr. Satendra Singh)	History, Principles and foundation of Physical Education (Prof. Rajneesh R. Chamoli)	Health Education and Environmental Studies (Dr. Sohan Satpute)
	Section –B	Section –B	Section –B
	Oficiting Coaching (Dr. Abhay Buchha)	Health Education and Environmental Studies (Dr. Sohan Satpute)	History, Principles and foundation of Physical Education (Prof. Rajneesh R. Chamoli)
Thursday	Section –A	Section –A	Section –A
	Oficiting and Coaching (Dr. Abhay Buchha)	Anatomy and Physiology (Dr. Yelne)	Health Education and Environmental Studies (Dr. Dunil Shamrao Dakhole)
	Section –B	Section –B	Section –B
Friday	Olympic Movement (Prof. Rajneesh R. Chamoli)	Health Education and Environmental Studies (Dr. Sohan Satpute)	History, Principles and foundation of Physical Education (Dr. Dunil Shamrao Dakhole)
	Section –B	Section –B	Section –B
	Oficiting and Coaching (Dr. Abhay Buchha)	Health Education and Environmental Studies (Dr. Sohan Satpute)	History, Principles and foundation of Physical Education (Prof. Rajneesh R. Chamoli)
Saturday	(Boath Section) Weekly Test		

Shrikrishna Sharirik Shikshan Mahavidyaya, New Mhasala , Wardha

B.P.Ed. Theory Time Table 2023-24 Semester –II

	10:00am to 10:50 am	10:50 am to 11:40 am	11:40 am to 12:30 am
	Section –A	Section –A	Section –A
Monday	Yoga Education (Prof. Rajneesh R. Chamoli)	Educational Technology and Methods of Teaching in Physical Education (Dr. Mhd.Shahanawaz)	Organization and Administration (Dr. Satendra Singh)
	Section –B	Section –B	Section –B
	Sports Nutrition and Weight Management (Dr. Sunil Dakhole)	Yoga Education (Prof. Rajneesh R. Chamoli)	Educational Technology and Methods of Teaching in Physical Education (Dr. Mhd.Shahanawaz)
Tuesday	Section –A	Section –A	Section –A
	Yoga Education (Prof. Rajneesh R. Chamoli)	Educational Technology and Methods of Teaching in Physical Education (Dr. Mhd.Shahanawaz)	Organization and Administration (Dr. Satendra Singh)
	Section –B	Section –B	Section –B
Wednesday	Sports Nutrition and Weight Management (Dr. Sunil Dakhole)	Yoga Education (Prof. Rajneesh R. Chamoli)	Educational Technology and Methods of Teaching in Physical Education (Dr. Satendra Singh)
	Section –A	Section –A	Section –A
	Yoga Education (Prof. Rajneesh R. Chamoli)	Educational Technology and Methods of Teaching in Physical Education (Dr. Mhd.Shahanawaz)	Organization and Administration (Dr. Satendra Singh)
	Section –B	Section –B	Section –B
Thursday	Sports Nutrition and Weight Management (Dr. Sunil Dakhole)	Yoga Education (Prof. Rajneesh R. Chamoli)	Educational Technology and Methods of Teaching in Physical Education (Dr. Satendra Singh)
	Section –A	Section –A	Section –A
	Yoga Education (Prof. Rajneesh R. Chamoli)	Educational Technology and Methods of Teaching in Physical Education (Dr. Mhd.Shahanawaz)	Organization and Administration (Dr. Satendra Singh)
Friday	Section –B	Section –B	Section –B
	Sports Nutrition and Weight Management (Dr. Sunil Dakhole)	Yoga Education (Prof. Rajneesh R. Chamoli)	Educational Technology and Methods of Teaching in Physical Education
	Section –A	Section –A	Section –A
Friday	Yoga Education (Prof. Rajneesh R. Chamoli)	Educational Technology and Methods of Teaching in Physical Education (Dr. Mhd.Shahanawaz)	Organization and Administration (Dr. Satendra Singh)
	Section –B	Section –B	Section –B
	Sports Nutrition and Weight Management (Dr. Sunil Dakhole)	Yoga Education (Prof. Rajneesh R. Chamoli)	Educational Technology and Methods of Teaching in Physical Education

			(Dr. Mhd.Shahanawaz)
Saturday	(Boath Section)		

B.P.Ed. Theory Time Table 2023-24 Semester –III

	10:00am to 10:50 am	10:50 am to 11:40 am	11:40 am to 12:30 am
	Section –A	Section –A	Section –A
Monday	Sport Training (Prof. Sohan R. Satpute)	Sports Medicine, (Dr.Yelne)	Sports Psychology and Sociology (Dr. Abhay Buchha)
	Section –B	Section –B	Section –B
	Sports Psychology and Sociology (Dr. Abhay Buchha)	Curriculum Design (Dr. Sohan R. Satpute)	Sport Training (Dr. Arun Atkare)
Tuesday	Section –A	Section –A	Section –A
	Computer Applications in Physical Education (Dr.Sunil Dakhole)	Sports Psychology and Sociology (Dr. Abhay Buchha)	Curriculum (Dr. Sohan R. Satpute)
	Section –B	Section –B	Section –B
	Sports Psychology and Sociology (Dr. Satendra Singh)	Computer Applications in Physical Education (Prof. Sohan R. Satpute)	Sports Medicine, (Dr.Yelne)
Wednesday	Section –A	Section –A	Section –A
	Sport Training (Prof. Sohan R. Satpute)	Sports Psychology and Sociology (Dr. Abhay Buchha)	Curriculum (Dr. Sohan R. Satpute)
	Section –B	Section –B	Section –B
	Sports Psychology and Sociology (Dr. Satendra Singh)	Sport Training (Prof. Sohan R. Satpute)	Sports Medicine, (Dr.Yelne)
Thursday	Section –A	Section –A	Section –A
	Sports Psychology and Sociology (Dr. Abhay Buchha)	Sport Training (Prof. Sohan R. Satpute)	Curriculum (Prof. Sohan R. Satpute)
	Section –B	Section –B	Section –B
	Sports Psychology and Sociology (Dr. Satendra Singh)	Sport Training (Prof. Rajneesh R. Chamoli)	Computer Applications in Physical Education (Dr.Sunil Dakhole)
Friday	Section –A	Section –A	Section –A
	Sport Training (Prof. Sohan R. Satpute)	Sports Psychology and Sociology (Dr. Abhay Buchha)	Sports Medicine, (Dr.Yelne)
	Section –B	Section –B	Section –B
	Sports Psychology and Sociology (Dr. Satendra Singh)	Sport Training (Prof. Sohan R. Satpute)	Sports Medicine, (Dr.Yelne)
Saturday	(Boath Section) Weekly Test		

B.P.Ed. Theory Time Table 2023-24 Semester –IV

	10:00am to 10:50 am	10:50 am to 11:40 am	11:40 am to 12:30 am
	Section –A	Section –A	Section –A
Monday	Measurement and Evaluation in Physical Education (Dr. Sohan Satpute)	Kinesiology and Biomechanics (DR.A.K.Singh)	Research and Statistics in Physical Education (Prof. Rajneesh R. Chamoli)
	Section –B	Section –B	Section –B
	Kinesiology and Biomechanics (Dr. Mhd.Shahanwaj)	Research and Statistics in Physical Education (Prof. Rajneesh R. Chamoli)	Measurement and Evaluation in Physical Education (Dr. Sohan Satpute)
Tuesday	Section –A	Section –A	Section –A
	Kinesiology and Biomechanics (DR.A.K.Singh)	Sports Management (Dr.Abhay N . Buchha)	Theory of sports and game (Prof. Sohan R. Satpute)
	Section –B	Section –B	Section –B
	Sports Management (Dr.Abhay N . Buchha)	Theory of sports and game (Dr.Satendra Singh)	Kinesiology and Biomechanics (Dr.A.K.Singh)
Wednesday	Section –A	Section –A	Section –A
	Research and Statistics in Physical Education (Prof. Rajneesh R. Chamoli)	Measurement and Evaluation in Physical Education (Dr. Sohan Satpute)	Theory of sports and game (Dr.Satendra Singh)
	Section –B	Section –B	Section –B
	Measurement and Evaluation in Physical Education (Dr. Sohan Satpute)	Theory of sports and game (Dr.Satendra Singh)	Research and Statistics in Physical Education (Prof. Rajneesh R. Chamoli)
Thursday	Section –A	Section –A	Section –A
	Kinesiology and Biomechanics (Dr.A.K.Singh)	Measurement and Evaluation in Physical Education (Dr. Sohan Satpute)	Sports Management (Dr.Abhay N . Buchha)
	Section –B	Section –B	Section –B
	Measurement and Evaluation in Physical Education (Dr. Sohan Satpute)	Sports Management (Dr.Abhay N . Buchha)	Kinesiology and Biomechanics (Dr.A.K.Singh)
Friday	Section –A	Section –A	Section –A
	Research and Statistics in Physical Education (Prof. Rajneesh R. Chamoli)	Sports Management (Dr.Abhay N . Buchha)	Measurement and Evaluation in Physical Education (Dr. Sohan Satpute)
	Section –B	Section –B	Section –B
	Measurement and	Research and Statistics in	Sports Management

	Evaluation in Physical Education (Dr. Sohan Satpute)	Physical Education (DR.Arun G.Atkare)	(Dr.Abhay N . Buchha)
Saturday	(Boath Section) Weekly Test		

Shrikrishna Sharirik Shikshan Mahavidyaya, New Mhasala ,wardha

Practical Time Table 2023-24 B.P.Ed.- Semester -I

Morning Assembly

	6:30 am to 7:15 am	7:15 am to 8:00 am	8:00 am to 8:45 am	8:45 am to 9:00 am
Monday	Section -A	Section -A	Section -A	Free Play
	Assembly and Warming Up (Prof. R Chamoli)	Ground Mass P.T (Dr. S. Satpute)	Drille Marching (Dr. A. Atkare)	
	Section -B	Section -B	Section -B	
	Assembly and Warming Up (Dr. Shahanawaj)	Drille Marching (Dr. A. Atkare)	Ground Mass P.T (Dr. Satyandra singh)	
Tuesday	Section -A	Section -A	Section -A	Free Play
	Assembly and Warming Up (Prof. R Chamoli)	Ground Mass P.T (Dr. Satyandra singh)	Drille Marching (Dr. S. Satpute)	
	Section -B	Section -B	Section -B	
	Assembly and Warming Up (Dr. Shahanawaj)	Drille Marching (Dr. A. Atkare)	Ground Mass P.T (Dr. Satyandra singh)	
Wednesday	Section -A	Section -A	Section -A	Free Play
	Assembly and Warming Up (Prof. R Chamoli)	Wands (Dr. Satyandra singh)	Dumbles (Dr. A. Atkare)	
	Section -B	Section -B	Section -B	
	Assembly and Warming Up (Dr. Shahanawaj)	Dumbles (Dr. A. Atkare)	Wands (Dr. Satyandra singh)	
Thursday	Section -A	Section -A	Section -A	Free Play
	Assembly and Warming Up (Prof. R Chamoli)	Wands (Dr. Satyandra singh)	Dumbles (Dr. A. Atkare)	
	Section -B	Section -B	Section -B	
	Assembly and Warming Up (Dr. Shahanawaj)	Dumbles (Dr. A. Atkare)	Wands (Dr. Satyandra singh)	
Friday	Section -A	Section -A	Section -A	Free Play
	Assembly and Warming Up (Dr. Satyandra singh)	Indian Club (Dr. S. Dakhole)	Malkhamb (Dr. sohan R.Satpute)	
	Section -B	Section -B	Section -B	
	Assembly and Warming Up (Prof. Sohan Sir)	Malkhamb (Prof. R Chamoli)	Indian Club (Dr. S. Dakhole)	
Saturday	Section -A	Section -A	Section -A	Free Play
	Assembly and Warming Up (Dr. Satyandra singh)	Indian Club (Dr. S. Dakhole)	Malkhamb (Prof. R Chamoli)	
	Section -B	Section -B	Section -B	
	Assembly and Warming Up (Dr. Sohan Sir)	Malkhamb (Prof. R Chamoli)	Indian Club (Dr. S. Dakhole)	

Shrikrishna Sharirik Shikshan Mahavidylaya, New Mhasala ,wardha
Practical Time Table 2023-24B.P.Ed.- Semester –I
Evening Assembly

	4:00 pm to 4:45 pm	4:45 pm to 5:30 pm	5:30 pm to 6:15 pm	6:15 pm to 6:30
Monday	Section -A	Section -A	Section -A	Free Play
	Assembly and Warming Up (Prof. R Chamoli)	Running	Gymnastic	
	Section -B	Section -B	Section -B	
	Assembly and Warming Up (Prof. Pranali Dahiwale)	Kabaddi	Malkhamb	
Tuesday	Section -A	Section -A	Section -A	Free Play
	Assembly and Warming Up (Prof. R Chamoli)	Running	Gymnastic	
	Section -B	Section -B	Section -B	
	Assembly and Warming Up (Prof. Pranali Dahiwale)	Kabaddi	Malkhamb	
Wednesday	Section -A	Section -A	Section -A	Free Play
	Assembly and Warming Up Prof. Sohan R.Satpute	Running	Gymnastic	
	Section -B	Section -B	Section -B	
	Assembly and Warming Up (Prof. Ajay Kumar)	Gymnastic	Kabaddi	
Thursday	Section -A	Section -A	Section -A	Free Play
	Assembly and Warming Up Prof. Sohan R.Satpute	Kho-Kho	Kabaddi	
	Section -B	Section -B	Section -B	
	Assembly and Warming Up (Prof. Ajay Kumar)	Kabaddi	Kho-Kho	
Friday	Section -A	Section -A	Section -A	Free Play
	Assembly and Warming Up (Prof. Pranali Dahiwale)	Gymnastic	Kho-Kho	
	Section -B	Section -B	Section -B	
	Assembly and Warming Up (Prof. Sohan Sir)	Malkhamb	Kabaddi	
Saturday				Free Play
	Holiday	Holiday	Holiday	

Shrikrishna Sharirik Shikshan Mahavidyaya, New Mhasala ,wardha

Practical Time Table 2023-24 B.P.Ed.- Semester –II

Morning Assembly

	6:30 am to 7:15 am	7:15 am to 8:00 am	8:00 am to 8:45 am	8:45 am to 9:00 am
Monday	Section -A	Section -A	Section –A	Free Play
	Assembly and Warming Up (Prof. R Chamoli)	Jumping Event (Prof. Ajay Kumar)	Table Tennice (Prof. R Chamoli)	
	Section –B	Section –B	Section –B	
	Assembly and Warming Up (Prof. Pranali Dahiwale)	Gymnastic (Prof. Ajay Kumar)	Badminton (Dr.A.K.Singh)	
Tuesday	Section -A	Section -A	Section –A	Free Play
	Assembly and Warming Up (Prof. R Chamoli)	Jumping Event (Prof. Ajay Kumar)	Badminton (Prof. Ajay Kumar)	
	Section –B	Section –B	Section –B	
	Assembly and Warming Up (Prof. Pranali Dahiwale)	Yoga (Prof. Sohan Sir)	Table Tennice (Prof. R Chamoli)	
Wednesday	Section -A	Section -A	Section –A	Free Play
	Assembly and Warming Up (Prof. R Chamoli)	Yoga (Prof. Sohan Sir)	Table Tennice (Prof. R Chamoli)	
	Section –B	Section –B	Section –B	
	Assembly and Warming Up (Prof. Ajay Kumar)	Jumping Event (Prof. Sohit Verma)	Badminton (Prof. Ajay Kumar)	
Thursday	Section -A	Section -A	Section –A	Free Play
	Assembly and Warming Up (Prof. R Chamoli)	Gymnastic (Prof. Ajay Kumar)	Badminton (Prof. Ajay Kumar)	
	Section –B	Section –B	Section –B	
	Assembly and Warming Up (Prof. Ajay Kumar)	Yoga (Prof. Sohan Sir)	Table Tennice (Prof. R Chamoli)	
Friday	Section -A	Section -A	Section –A	Free Play
	Assembly and Warming Up	Jumping Event	Table Tennice (Prof. R Chamoli)	
	Section –B	Section -B	Section –B	
	Assembly and Warming Up (Prof. Sohan Sir)	Gymnastic (Prof. Ajay Kumar)	Badminton (Prof. Ajay Kumar)	
Saturday	Section -A	Section -A	Section –A	Free Play
	Assembly and Warming Up (Prof. Sohit Verma)	Yoga (Prof. Sohan Sir)	Yoga (Prof. Sohan Sir)	
	Section –B	Section –B	Section –B	
	Assembly and Warming Up (Prof. Sohan Sir)	Yoga (Prof. Sohan Sir)	Yoga (Prof. Sohan Sir)	

Shrikrishna Sharirik Shikshan Mahavidyaya, New Mhasala ,wardha
 Practical Time Table 2023-24 B.P.Ed.- Semester –II
 Evening Assembly

	4:00 pm to 4:45 pm	4:45 pm to 5:30 pm	5:30 pm to 6:15 pm	6:15 pm to 6:30
Monday	Section -A	Section -A	Section -A	Free Play
	Assembly and Warming Up (Prof. R Chamoli)	Practice Teaching (Lesson Class Room)	Practice Teaching LessGame.	
	Section -B	Section -B	Section -B	
Tuesday	Section -A	Section -A	Section -A	Free Play
	Assembly and Warming Up (Prof. R Chamoli)	Practice Teaching (Lesson Class Room)	Practice Teaching LessGame.	
	Section -B	Section -B	Section -B	
Wednesday	Section -A	Section -A	Section -A	Free Play
	Assembly and Warming Up Prof.sohan sir	Practice Teaching (Lesson Class Room)	Practice Teaching LessGame.	
	Section -B	Section -B	Section -B	
Thursday	Section -A	Section -A	Section -A	Free Play
	Assembly and Warming Up Prof.sohan sir	Practice Teaching (Lesson Class Room)	Practice Teaching LessGame.	
	Section -B	Section -B	Section -B	
Friday	Section -A	Section -A	Section -A	Free Play
	Assembly and Warming Up	Practice Teaching (Lesson Class Room)	Practice Teaching LessGame.	
	Section -B	Section -B	Section -B	
Saturday	Section -A	Section -A	Section -A	Free Play
	Assembly and Warming Up (Prof. Sohan Sir)	Practice Teaching (Lesson Class Room)	Practice Teaching LessGame.	
	Holiday	Holiday	Holiday	

Shrikrishna Sharirik Shikshan Mahavidyaya, New Mhasala ,wardha

Practical Time Table 2023-24 B.P.Ed.- Semester –III

Morning Assembly

	6:30 am to 7:15 am	7:15 am to 8:00 am	8:00 am to 8:45 am	8:45 am to 9:00 am
Monday	Section -A	Section -A	Section –A	Free Play
	Assembly and Warming Up (Prof. R Chamoli)	Throwing Events (Prof. Ajay Kumar)	Judo (Prof. Pranali Dahiwale)	
	Section –B	Section –B	Section –B	
	Assembly and Warming Up (Prof. Pranali Dahiwale)	Judo (Prof. Pranali Dahiwale)	Throwing Events	
Tuesday	Section -A	Section -A	Section –A	Free Play
	Assembly and Warming Up (Prof. R Chamoli)	Wrestling (Prof.Sohan R.Satpute)	Volleyball Prof.sohan sir	
	Section –B	Section –B	Section –B	
	Assembly and Warming Up (Prof. Pranali Dahiwale)	Volleyball Prof.sohan sir	Wrestling (Prof.Sohan R.Satpute)	
Wednesday	Section -A	Section -A	Section –A	Free Play
	Assembly and Warming Up Prof.Chamoli	Throwing Events Prof.Chamoli	Wrestling (Prof.Sohan R.Satpute)	
	Section –B	Section –B	Section –B	
	Assembly and Warming Up (Prof. Ajay Kumar)	Wrestling (Prof.Sohan R.Satpute)	Throwing Events Prof.Chamoli	
Thursday	Section -A	Section -A	Section –A	Free Play
	Assembly and Warming Up Prof.sohan sir	Judo (Prof. Pranali Dahiwale)	Volleyball Prof.sohan sir)	
	Section –B	Section –B	Section –B	
	Assembly and Warming Up (Prof. Ajay Kumar)	Volleyball Prof.sohan sir	Judo (Prof. Pranali Dahiwale)	
Friday	Section -A	Section -A	Section –A	Free Play
	Assembly and Warming Up Prof.Chamoli	Throwing Events Prof.Chamoli	Judo (Prof. Pranali Dahiwale)	
	Section –B	Section -B	Section –B	
	Assembly and Warming Up (Prof. Sohan Sir)	Judo (Prof. Pranali Dahiwale)	Throwing Events Prof.Chamoli	
Saturday	Section -A	Section -A	Section –A	Free Play
	Assembly and Warming Up (Prof. Pranali Dahiwale)	Wrestling (Prof.Sohan R.Satpute)	Volleyball Prof.sohan sir	
	Section –B	Section –B	Section –B	
	Assembly and Warming Up Prof.Chamoli	Volleyball Prof.sohan sir	Wrestling (Prof.Sohan R.Satpute)	

Shrikrishna Sharirik Shikshan Mahavidyaya, New Mhasala ,wardha
 Practical Time Table 2023-24 B.P.Ed.- Semester –III
 Evening Assembly

	4:00 pm to 4:45 pm	4:45 pm to 5:30 pm	5:30 pm to 6:15 pm	6:15 pm to 6:30
Monday	Section -A Assembly and Warming Up (Prof. R Chamoli)	Section -A Cricket (Prof. R Chamoli)	Section -A Basketball (Prof. Ajay Kumar)	Free Play
	Section -B Assembly and Warming Up (Prof. Pranali Dahiwale)	Section -B Basketball (Prof. Ajay Kumar)	Section -B Cricket (Prof. R Chamoli)	
	Section -A Assembly and Warming Up (Prof. R Chamoli)	Section -A Basketball (Prof. Ajay Kumar)	Section -A Football (Prof. Pranali Dahiwale)	
Tuesday	Section -B Assembly and Warming Up (Prof. Pranali Dahiwale)	Section -B Football (Prof. Pranali Dahiwale)	Section -B Basketball (Prof. Ajay Kumar)	Free Play
	Section -A Assembly and Warming Up (Prof. Ajay Kumar)	Section -A Cricket (Prof. R Chamoli)	Section -A Football (Prof. Pranali Dahiwale).	
	Section -B Assembly and Warming Up (Prof. Ajay Kumar)	Section -B Football (Prof. Pranali Dahiwale)	Section -B Cricket (Prof. R Chamoli)	
Wednesday	Section -A Assembly and Warming Up Prof.SohanSir	Section -A Practice Teaching (Lesson Class Room)	Section -A Practice Teaching LessGame.	Free Play
	Section -B Assembly and Warming Up (Prof. Ajay Kumar)	Section -B Lesson	Section -B Lesson	
	Section -A Assembly and Warming Up (Prof. Ajay Kumar)	Section -A Lesson	Section -A Lesson	
Thursday	Section -B Assembly and Warming Up (Prof. Sohan Sir)	Section -B Lesson	Section -B Lesson	Free Play
	Section -A Assembly and Warming Up (Prof. Sohan Sir)	Section -A Lesson	Section -A Lesson	
	Section -B Assembly and Warming Up (Prof. Sohan Sir)	Section -B Lesson	Section -B Lesson	
Friday	Holiday	Holiday	Holiday	Free Play
Saturday				Free Play

Shrikrishna Sharirik Shikshan Mahavidyaya, New Mhasala ,wardha
 Practical Time Table 2023-24 B.P.Ed.- Semester –IV
 Morning Assembly

	4:00 pm to 4:45 pm	4:45 pm to 5:30 pm	5:30 pm to 6:15 pm	6:15 pm to 6:30
Monday	Section -A Assembly and Warming Up	Section -A Gymnastic (Prof. Ajay Kumar)	Section -A Kabaddi (Prof. R Chamoli)	Free Play
	Section -B Assembly and Warming Up	Section -B Kabaddi (Prof.Rajneesh R Chamoli)	Section -B Gymnastic (Prof. Ajay Kumar)	
Tuesday	Section -A Assembly and Warming Up	Section -A Cricket (Prof. Ajay Kumar)	Section -A Football (Prof. Pranali Dahiwale).	Free Play
	Section -B Assembly and Warming Up	Section -B Football (Prof. Pranali Dahiwale).	Section -B Cricket (Prof. Ajay Kumar)	
Wednesday	Section -A Assembly and Warming Up	Section -A Volleyball (Prof.Sohan R.Satpute)	Section -A Bascketball (Prof. Ajay Kumar)	Free Play
	Section -B Assembly and Warming Up	Section -B Bascketball (Prof. Ajay Kumar)	Section -B Volleyball (Prof.Sohan R.Satpute)	
Thursday	Section -A Assembly and Warming Up	Section -A Badmintain (Prof.Sohan R.Satpute)	Section -A Gymnastic (Prof. Ajay Kumar)	Free Play
	Section -B Assembly and Warming Up	Section -B Gymnastic (Prof.Rajneesh R Chamoli)	Section -B Badmintain (Prof.Sohan R.Satpute)	
Friday	Section -A Assembly and Warming Up	Section -A Volleyball (Prof.Sohan R.Satpute)	Section -A Gymnastic (Prof. Pranali Dahiwale).	Free Play
	Section -B Assembly and Warming Up	Section -B Gymnastic (Prof.Rajneesh R Chamoli)	Section -B Volleyball (Prof.Sohan R.Satpute)	
Saturday	Section -A Assembly and Warming Up	Section -A Gymnastic (Prof.Sohan R.Satpute)	Section -A Kabaddi (Prof. Rajneesh R Chamoli)	Free Play
	Section -B Assembly and Warming Up	Section -B Kabaddi (Prof. Rajneesh R Chamoli)	Section -B Gymnastic (Prof.Sohan R.Satpute)	

Shrikrishna Sharirik Shikshan Mahavidyaya, New Mhasala ,wardha
 Practical Time Table 2023-24 B.P.Ed.- Semester –IV
 Evening Assembly

	4:00 pm to 4:45 pm	4:45 pm to 5:30 pm	5:30 pm to 6:15 pm	6:15 pm to 6:30
Monday	Section -A Assembly and Warming Up	Section -A Kabaddi (Prof. R Chamoli)	Section -A Basketball (Prof. Ajay Kumar)	Free Play
	Section -B Assembly and Warming Up	Section -B Basketball (Prof. Ajay Kumar)	Section -B Kabaddi (Prof. R Chamoli)	
Tuesday	Section -A Assembly and Warming Up	Section -A Badminton (Prof. Ajay Kumar)	Section -A Football (Prof. Pranali Dahiwale).	Free Play
	Section -B Assembly and Warming Up	Section -B Football (Prof. Pranali Dahiwale).	Section -B Badminton (Prof. Ajay Kumar)	
Wednesday	Section -A Assembly and Warming Up	Section -A Lesson	Section -A Lesson	Free Play
	Section -B Assembly and Warming Up	Section -B Lesson	Section -B Lesson	
Thursday	Section -A Assembly and Warming Up	Section -A Football (Prof. Pranali Dahiwale).	Section -A Badminton (Prof. Ajay Kumar)	Free Play
	Section -B Assembly and Warming Up	Section -B Badminton (Prof. Ajay Kumar)	Section -B Football (Prof. Pranali Dahiwale).	
Friday	Section -A Assembly and Warming Up	Section -A Lesson	Section -A Lesson	Free Play
	Section -B Assembly and Warming Up	Section -B Lesson	Section -B Lesson	
Saturday	Section -A Holiday	Section -A Holiday	Section -A Holiday	Free Play
	Section -B			

Shrikrishna Sharirik Shikshan Mahavidyaya, New Mhasala ,wardha
Practical Time Table 2023-24 M.P.Ed.- Semester I & III rd

Morning Assembly

	6:30 am to 7:15 am	7:15 am to 8:00 am	8:00 am to 8:45 am	8:45 am to 9:00 am
Monday	Assembly and Warming Up (Dr. A.K. Singh)	Yoga (Dr. D.K.Dinkar)	Lezium (Dr. Arun Atkare)	Free Play
Tuesday	Assembly and Warming Up (Dr. A.K. Singh)	Yoga (Dr. D.K.Dinkar)	Lezium (Dr. Arun Atkare)	Free Play
Wednesday	Assembly and Warming Up (Dr. Arun Atkare)	Yoga (Dr. D.K. Dinkar)	Arobics (Dr.Abhay Buchha)	Free Play
Thursday	Assembly and Warming Up (Dr. Arun Atkare)	Yoga (Dr. D.K. Dinkar)	Arobics (Dr.Abhay Buchha)	Free Play
Friday	Assembly and Warming Up (Dr. D.K. Dinkar)	Mass P.T. (Dr. A.K. Singh)	Suryanamaskar (Dr. Arun Atkare)	Free Play
Saturday	Assembly and Warming Up (Dr. D.K. Dinkar)	Mass P.T. (Dr. A.K. Singh)	Suryanamaskar (Dr. Arun Atkare)	Free Play

Evening Assembly

	4:00 pm to 4:45 pm	4:45 pm to 5:30 pm	5:30 pm to 6:15 pm	6:15 pm to 6:30 pm
Monday	Assembly and Warming Up (Dr. D.K. Dinkar)	Running (Dr. Arun Atkare)	Lab Work (Dr.Abhay N. Buchha)	Free Play
Tuesday	Assembly and Warming Up (Dr. D.K. Dinkar)	Running (Dr. Arun Atkare)	Lab Work (Dr.Abhay N. Buchha)	Free Play
Wednesday	Assembly and Warming Up (Dr. A.K. Singh)	Jumping Style &Practice (Dr. D.K. Dinkar)	Gymnastic (Dr. Arun Atkare)	Free Play
Thursday	Assembly and Warming Up (Dr. A.K. Singh)	Jumping Style &Practice (Dr. D.K. Dinkar)	Gymnastic (Dr. Arun Atkare)	Free Play
Friday	Assembly and Warming Up (Dr. Arun Atkare)	Throwing Event (Dr. A.K. Singh)	Lab Work (Dr.Abhay N. Buchha)	Free Play
Saturday	Assembly and Warming Up (Dr. Arun Atkare)	Throwing Event (Dr. A.K. Singh)	Lab Work (Dr.Abhay N. Buchha)	Free Play


Shrikrishna Sharirik Shikshan Mahavidyaya, New Mhasala ,wardha
Practical Time Table 2023-24 M.P.Ed.- Semester II

Morning Assembly

	6:30 am to 7:15 am	7:15 am to 8:15 am	8:15 am to 8:45 am	8:45 am to 9:00 am
Monday	Assembly and Warming Up (Dr. A.K. Singh)	Jumping Event (Dr. D.K.Dinkar)	Cricket (Dr. Buchha Sir)	Free Play
Tuesday	Assembly and Warming Up (Dr. D.K. Dinkar)	Cricket (Dr. Buchha Sir)	Jumping Event (Dr. D.K.Dinkar)	Free Play
Wednesday	Assembly and Warming Up (Dr. Arun Atkare)	Kabaddi (Dr.Arun Atkare)	Tabale Tennice (Dr.Abhay Buchha)	Free Play
Thursday	Assembly and Warming Up (Dr. A.K.Singh)	Volleyball (Dr. D.K. Dinkar)	Volleyball (Dr. D.K. Dinkar)	Free Play
Friday	Assembly and Warming Up (Dr. D.K. Dinkar)	Foot-ball (Dr. A.K. Singh)	Kabaddi (Dr. Arun Atkare)	Free Play
Saturday	Assembly and Warming Up (Dr. Arun Atkare)	Tabale Tennice (Dr.Abhay Buchha)	Foot-ball (Dr. A.K. Singh)	Free Play

Evening Assembly

	4:00 pm to 4:45 pm	4:45 pm to 5:30 pm	5:30 pm to 6:15 pm	6:15 pm to 6:30 pm
Monday	Assembly and Warming Up (Dr. A.K.Singh)	Teaching Lesson(Class Room) (Dr.Abhay N. Buchha)	Teaching Lesson(Games) (Dr. Arun Atkare)	Free Play
Tuesday	Assembly and Warming Up (Dr. Abhay Buchha sir)	Teaching Lesson(Class Room)	Teaching Lesson(Games) (Dr. D.K.Dinkar)	Free Play
Wednesday	Assembly and Warming Up (Dr. Abhay Buchha sir)	Teaching Lesson(Class Room) (Dr. D.K.Dinkar)	Teaching Lesson(Games)	Free Play
Thursday	Assembly and Warming Up (Dr. D.K.Dinkar)	Teaching Lesson(Class Room) (Dr.Abhay N. Buchha)	Teaching Lesson(Games) (Dr. Arun Atkare)	Free Play
Friday	Assembly and Warming Up (Dr. Abhay Buchha sir)	Teaching Lesson(Class Room) (Dr.A.K.Singh)	Teaching Lesson(Games) (Dr. Arun Atkare)	Free Play
Saturday	Assembly and Warming Up (Dr. Arun Atkare)	Practice Game	Practice Game	Free Play


 Principal
 Shrikrishna Sharirik Shiksha
 Mahavidyaya, New Mhasale
 WARDHA.

Appendix II



**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 SHARIRI

SHIKSHAN MAHAVIDYALAYA

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

Duration: 45 minutes



Teaching Activity: to teach them about
Volley ball.

Previous Knowledge: Nil.


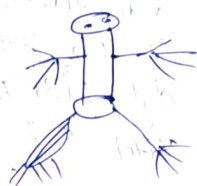
Aim of the Lesson: To develop the knowledge
of the students


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 (2m)	① स्फूर्तिकरण ② उपाख्यान ③ रिपोर्ट
2)	विभिन्न उर्जस व्यायाम (5m)	1) जगह पर धीरे-धीरे 2) 2 जोड़ियां 3) हिय रीटिंग 4) ड्रिज 5) हंड्स - स्टैंडिंग 6) गैक - रीटिंग

Class Formation	Methodology
एक पंक्ति रचना 	सर्वप्रथम शिक्षक धातु की एक पंक्ति में एक पंक्ति में खड़ा करेगा। उनकी उपाख्यान होगी। तब अश्वत्थ धातु की अलग पंक्ति में खड़ा करेगा। उसके बाद पाठ विभिन्न की रिपोर्ट करेगा और पाठ उठ करके की अनुभवों बांटेगा।
अर्धवृत्त रचना 	प्रथम शिक्षक धातु की एक पंक्ति में धीरे-धीरे उठे परचात एक अर्धवृत्त में खड़े करके में पैदा करता है वे सा करे। सत्री उर्जस व्यायाम धातु की करवायेगा।

Srl.No	Steps of Lesson and Time	Subject Matter
3)	<p>मुख्य अंश स्व (Com)</p>	<p>अण्डर टैण्ड अर्चि</p> <p>(i) इंडी होने की शक्ति हमें 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 व्यापारम के पश्चात शिक्षक बच्चों की दो पंक्ति में खड़ा रहेगा। बाद में अंश स्व का पूर्ण प्रदर्शन देगा। और उसी अंश स्व की पूर्ण पडवी से प्रदर्शित करेगा। बच्चों उत्सर्ग का योग्य स्पर्शी- करण करेगा।</p>

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



**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 : साहित्य

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 निरीक्षण को रिपोर्ट करेगा और पाठ शुरू करने की अनुमती माँगेगा।</p>
<p>अध्वितक रचना</p> 	<p>प्रथम शिक्षक छात्रों को एक कूट में दौड़ायेगा 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. अण्डे होने की स्थिति (Stances) इसमें बायां पैर आगे तथा दाहिना पैर पीछे तथा थोड़ा आगे की तरफ झुका होता है। बायां हाथ नाभिक के सामने होता है, तथा गैर हाथ की हाथेली पर होगी दाहिना हाथ पीछे तथा नजर गैर पर होगी है।</p> <p>2. क्रिया करने की स्थिति : (Execution) इसमें हम अपने आँखों की ऊँचाई तक गैर उठालें हैं और दाहिने हाथ पीछे से आगे लेकर हाथेली की पीछे वाले हिस्से से गैर को मारें हैं।</p> <p>3. क्रिया करने के बाद की स्थिति (Follow through) गैर मारने 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 पश्चात शिक्षक छात्रों को दो पंक्ति में खड़ा करेगा। बाद में कौशल्य का पूर्ण प्रदर्शन देगा। और उन्ही कौशल्य को अंशों में बाँटेगा। सभी अंशों का योग्य स्पष्टीकरण करेगा। साथ-2 प्रदर्शन भी देगा कौशल्य को 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 टीमें 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 कुर्सी रहते हैं। स्फु प्रारंभ रखा होती है दोनों टीम के खिलाड़ी अंडर हेंड सर्विस के द्वारा गेंद को वृत्त में गंवाते हैं। गेंद विपक्ष में गिरी 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 अभिनंदन 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 रचा 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


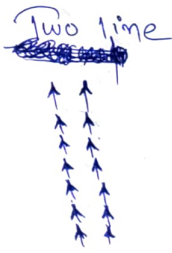
Aim of the Lesson: To develop the knowledge
of the student.

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

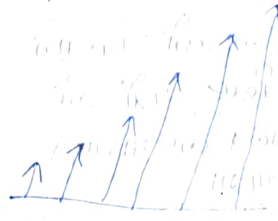
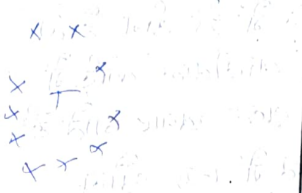
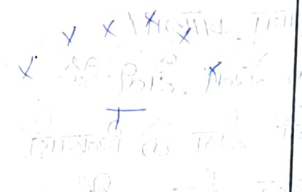
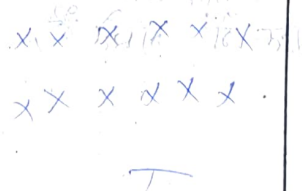
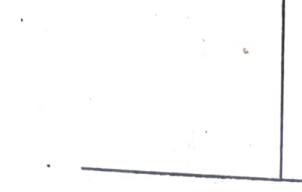
4. Objective of the lesson _____

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 स्ट्रेशन 5) नैक स्ट्रेशन
	सुरक्ष्य कौशल्य (10m)	अण्डर हंड सर्विस में खड़े होने की शक्ति :-> इसमें बाया पैर आगे तथा दाया पैर पीछे तथा चौड़ा आगे की तरफ झुका होता है बायां हाथ नाभ के सामने है तथा गेंद बायं धोली पर टोनी चाईल तथा गयर गेंद पर टोनी चाईल सर्विस मारने की शक्ति में हम अपने ऊंचे के अनुसार बाल को हवा में उछालेंगे तथा दाया हाथ पीछे लेकर जाना है फिर धोली को लेकर जोरसे

Scientific Principles	Objectives	Organization
	हाथ को धोली को लेकर बाल को मारना है	लेकर बाल को
	सर्वप्रथम शिक्षक छात्रों को सीधी लम्बाकर दक्षिण करेगा तथा छात्र एक पक्ति में खड़े हो जाएंगे	छात्रों को सीधी लम्बाकर दक्षिण करेगा तथा छात्र एक पक्ति में खड़े हो जाएंगे
	उसके पश्चात उपरिचयित बाद निरीक्षण को तथा पाठ शुरू कराएंगे	लेकर उसके रिपोर्ट करेगा करने की अनुमति
	शिक्षक छात्रों को में धोलागा तथा व्यायाम करवाएगा	एक वृत्त उनकी उत्तेजक करवाएगा
	उत्तेजक व्यायाम छात्रों को धोकारा करेगा बाद में उद्देश्य देगा उसके हंड सर्विस को कि गेंद को पैर मारे जालागा।	के पश्चात शिक्षक पक्ति में खड़ा कौशल्य का पूर्ण पश्चात अण्डर कौशल्य बताएगा मारते समय
	उसमें सतुलन बनाते के लिए धोलागा पैर मारे की मारें शाता 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 धोला तथा एक मध्यम बल्ले बनाया जाएगा। एक रेखा होती है। दोनों टीम के खिलाड़ी अंडर द्रॉप सर्विस द्वारा जूद को बल्ले में भरते 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 पुरचात में बाँटेगा।	उपस्थित होगा
	उपस्थित 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>

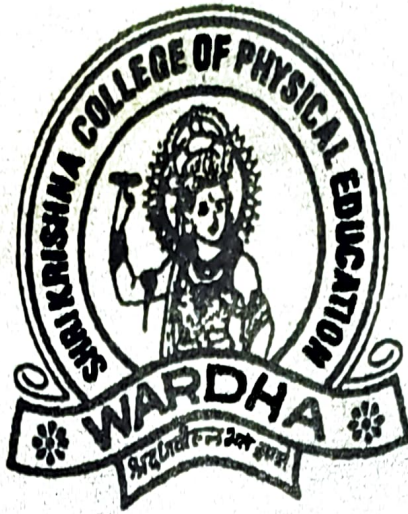
Scientific Principles	Objectives	Organization
<p>To perform the skill of football</p> <p>To develop their skill</p>	<p>To make student familiar with the use of ball and to practice the skill</p>	

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
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x	x													
<p>⑤ Assembly After game over teacher blow the whistle to make student assemble on the ground to take call of the student teacher take 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, possibly describing the method for each step]</i></p>

Scientific Principles	Objectives	Organization
	<p>To <input checked="" type="checkbox"/> 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 + 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 + 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 line starts 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>
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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.

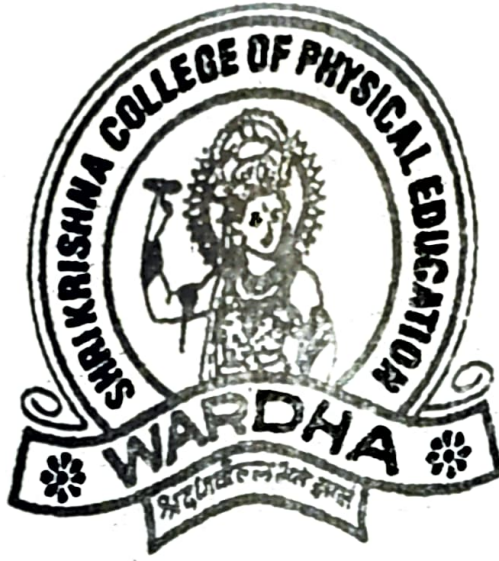
measuring tape.

7. Duration of the period 15 min

Sr.No	Steps of Content	Method	Principles	Objectives	Organization
01.	<p>Introduction.</p> <ol style="list-style-type: none"> ① Assembly ② Roll call ③ Report 	<p>Command method.</p>	<p>Teacher will blow the whistle and call the students in one line and will take the attendance and report to the teacher and ask for the permission to start the class.</p>	<p>To make them stand in line for roll call.</p>	<p>xxxxxxxxxxxxx T</p>
02.	<p>Warming up.</p> <ol style="list-style-type: none"> ① Running, hands up and running ② Hand rotation ③ Hip rotation ④ Forward bending ⑤ Hand stretching. 	<p>Command method and Demonstration method.</p>	<p>Teacher will instruct the students to run in circular and after that form a semi circular for the warming up exercise to make them ready for game.</p>	<p>To make their body warm and to feel active.</p>	<p>xxxxxx T</p>
03.	<p>Teaching Fundamental skill</p>	<p>Demonstration method.</p>	<p>After warming up activities teacher will order the student to stand in two line to learn shot put</p>	<p>To make them stand in line.</p>	<p>xx xx xx xx T</p>

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. 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. 3) Delivery of shot. Keep the elbow high at all time. finish the punch with a flip of the wrist. 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="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></td><td>X</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	X		T							
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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="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></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						
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06.	Evaluation and Dismiss of class ① Assembly ② Roll call ③ Report ④ Dismiss.	Command method.	After competition teacher call the student to stand in line Take the roll call ask the supervisor to dismiss the class.	To dismiss the class.	<table border="0"> <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
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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

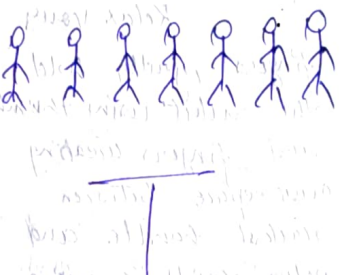
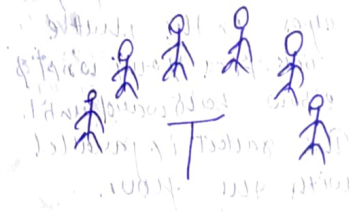
Teaching Activity: GENERAL

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 :-

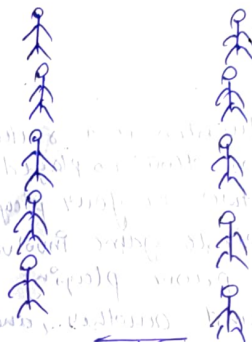
Relax your fingers, gently hold the racket using thumb and fingers creating some space between racket handle and palm you'll be using your thumb, make finger waddle fingers to do the tap. Fingers should be curdly, susty until tapping hot excited.

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 one student practice the same.

Srl.No	Steps of Lesson and Time	Subject Matter
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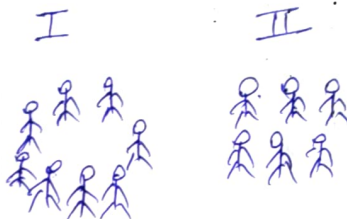
4. Practice of the Fundamental
10 minutes

To make the students perfect in the skill.

Class Formation

Methodology

Group formation

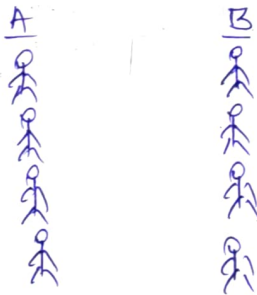


The teachers will decide the students in two teams. Students will practice the skill among the team. Teacher will correct the mistake will practice till they learn the skill well.

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

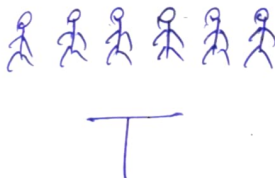


After the practice of skill teacher will divide the students in two teams and will name them 'A' and 'B' respectively. The teacher will explain the lead up game & will also explain the rules of the games.

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.