Saraswati Mahila Mahavidyalaya, Palwal Department of Physical Education Lesson Plan – 2021 – 22

B.A. 3rd Year (6th Semester)

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| Lect. No. | **Topics** |
| 1. | Unit – 1st (All Topics) Football  3000 Mtrs Practical |
| 2. | Unit – 2nd (All Topics) Kho – Kho  4 x 100 mtr Relay – Practical |
| 3. | Unit – 3rd (All Topics)  Kabaddi (Haryana Style) 3000 Mtrs Practical |
| 4. | Unit – 4th (All Topics)  Revision and Practical |