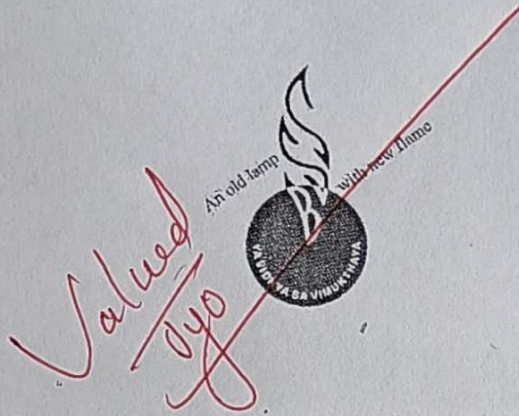


**EDU 303 YOGA, HEALTH AND
PHYSICAL EDUCATION II**

BSS B.Ed. Training College

NAAC Accredited B++ Grade with CGPA of 2.85 (Recognized
by NCTE and affiliated to the University of Calicut)
Alathur, Palakkad- 678541 Kerala

ALATHUR, PALAKKAD(Dt)-678541



Name..... K. ROSHINI

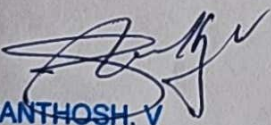
Reg. No..... BAAWTEG1004

Optional Subject..... ENGLISH

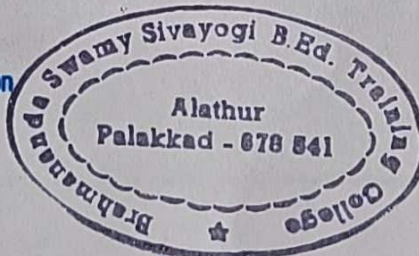
Certified that this is the bonafide record of


..... K. ROSHINI

Reg.No..... BAAWTEG1004 for the year 2022 - 2024


SANTHOSH.V
Assistant Professor in Physical Education
Lecturer in charge

Date..... 8.01.2024




Principal
PRINCIPAL,
B.S.S. B.Ed. Training College
Alathur (PO), Palakkad-Dt
Kerala - 678 541

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LESSON PLAN ON FREE HAND EXERCISES

Name of the student teacher: K. Roshini

Standard: VII

Name of the school : Gb. Miss Alathur

Division: VIII B

Subject : Physical Education and Yoga

Date : 11/9/2023

Equipments : Ball

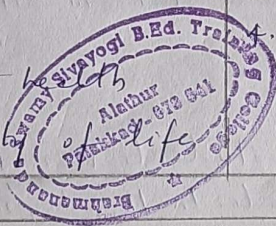
Duration: 40 min



Aim : To improve physical fitness and to enhance body, mind coordination.

Strength: 28

Objectives :

General objectives	Specific objectives
1. To improve memory	1. To improve mental health
2. To relieve stress	2. To improve mental strength
3. To maintain healthy body weight	3. To boost immunity
4. To improve heart health	To prevent body from getting affected by diseases.
5. To improve quality of life	



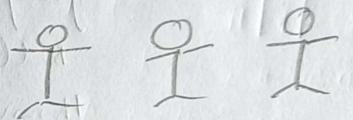
TIME	PROCEDURE	DESCRIPTION	EVALUATION AND EXAM
5 min	Introduction	Teacher brought students to the ground and asked them to line up in height order. Teacher asked students to assemble in height order in three lines. Then she asks the sick students to rest. Teacher introduces the activity they are going to do.	
10 min	Warm up	Teacher asks students to jog around the ground in their line joining each line. She asks them to jog for two rounds. Then she asks them to line up and does some stretching and drill exercises. Students were made to stand in attention.	
20 min	Specific part	Free hand exercises I In the first exercise, students were asked to stretch their heads. In the beginning	

they stretched hands parallel to ground. Then upwards and then back to normal position. Then back to attention.

II In the second exercise, the students were asked to stretch their heads up and then jump. Then they were asked to stretch head down and then come back to normal position. Then back to attention.

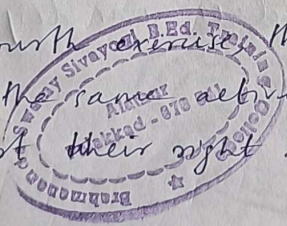
III In the third exercise, students stretched their heads to heads to either side and then moved apart left leg and then moved heads upward and clapped. Then again stretched their heads to either side and back to position.

IV In the fourth exercise, the students performed the same activity but by moving apart their right leg.



Recreation

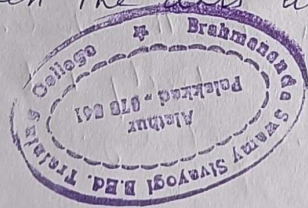
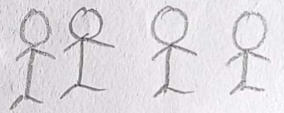
Dodge Ball



Students were grouped into two groups and asked to form a circle. A chalk was used to draw two circles. Students were grouped into two. One group in outer and other in inner circle. Then ball was used. The outer circle children had to throw ball below knee and make maximum students out. Then the game is reversed. The members who are not out are again made to play to get the winner.

5 min
w/old down

Teacher did some stretching exercises and then ask students to line up. They were made to clap three and then were asked how the session was. Then the class was dispersed.



[Handwritten signature in red ink]