

DEPARTMENT OF PHYSICAL EDUCATION

Annual Activity Calendar

MONTH	ACTIVITY
August	National Sports Day celebration Independence Day celebration
September	Intramural Tournament
October	Annual Athletic Meet
November	Intramural Tournament
January	Republic Day Celebration
February	Physical Education and Sports related Quiz Competition
March	Awareness Lecture on Health, Diet, and Nutrition
April	International Sports Day Celebration

Five-Year Strategic Development Plan for Physical Education Department

Vision

To develop the Physical Education Department into a well-equipped, student-centered, and community-oriented department that promotes quality education, physical fitness, sports participation, and career opportunities for rural youth.

Current Status (Baseline)

- Physical Education introduced only in **B.A. 1st Semester**.
- No sports laboratory.
- No sports equipment.
- Limited infrastructure and sports facilities.
- Rural location with untapped sports talent.
- Need for student awareness and community engagement.

Year 1: Foundation and Establishment

Objectives

- Successfully introduce the subject.
- Create basic infrastructure.
- Increase student enrollment and awareness.

Activities

- Purchase essential sports equipment:
 - Footballs
 - Volleyballs
 - Basketballs
 - Cricket kits
 - Badminton sets
 - Athletics equipment (stopwatch, measuring tape, cones, relay batons)
 - Yoga mats
- Prepare a sports room.
- Develop a departmental record system.
- Organize:

- Yoga Day
- National Sports Day
- Fitness Awareness Week
- Intramural sports competitions
- Conduct student fitness assessments.
- Create a departmental notice board.
- Develop a yearly academic and activity calendar

Year 2: Infrastructure and Student Development

Objectives

- Improve practical teaching.
- Develop sports culture.

Activities

- Establish a Basic Sports Laboratory with:
 - Height and weight measuring instruments
 - BMI machine
 - Stadiometer
 - Measuring tape
 - Blood pressure monitor
 - Heart rate monitor
 - First aid kit
- Prepare playground markings.
- Organize inter-class competitions.
- Encourage participation in university sports.
- Introduce health education seminars.

Year 3: Expansion and Community Engagement

Objectives

- Strengthen academic quality.

- Connect college with the local community.

Activities

- Upgrade sports equipment.
- Conduct village fitness awareness campaigns
- Develop partnerships with local sports clubs.
- Organize sports psychology and nutrition workshops.
- Introduce student research projects.
- Develop departmental digital records.

Year 4: Excellence and Recognition

Objectives

- Improve departmental reputation.
- Increase student achievements.

Activities

- Establish a modern sports laboratory with:
 - Body composition analyzer
 - Flexibility testing equipment
 - Agility testing equipment
 - Digital weighing scale
 - Fitness assessment software
- Organize state-level seminars.
- Conduct faculty development programmes.
- Promote student internships with sports organizations.
- Encourage research paper presentations.

Year 5: Sustainability and Centre of Excellence

Objectives

- Make the department a model Physical Education department in rural colleges.

Activities

- Develop a mini fitness centre/gymnasium.
- Introduce advanced fitness testing.
- Organize annual rural sports festival.
- Establish alumni support network.
- Seek government grants and CSR funding.
- Create digital learning resources.
- Publish annual departmental report.
- Prepare proposal for introducing higher-level Physical Education programmes (if permitted by the university).

Resource Requirements

Infrastructure

- Sports room
- Sports laboratory
- Playground development
- Gymnasium (long-term)
- Storage facilities

Equipment

- Athletics equipment
- Team game equipment
- Fitness testing instruments
- Yoga materials
- First aid equipment
- Audio-visual teaching aids
- Computers and printer

Human Resources

- Physical Education faculty
- Sports coaches (visiting)
- Laboratory assistant (future)
- Student volunteers

Key Performance Indicators (KPIs)

Indicator	Year 1	Year 3	Year 5
Student Enrollment	30–40	70+	120+
Sports Equipment	Basic	Moderate	Advanced
Sports Laboratory	Planning	Basic	Fully Functional
College Sports Events	3	8	12+
University Participation	Yes	Increased	Regular
Workshops/Seminars	2	5	8+
Research Activities	Initiated	Moderate	Well Established

GOVT. COLLEGE CHAMMU KALAN, ISMAILABAD (KURUKSHETRA)

LESSON PLAN OF ODD SEMESTER SESSION 2026-2027

NAME OF ASSISTANT PROFESSOR- Mr. Khushpreet Singh

SUBJECT: Health & Physical Education

PAPER: History and Foundation of Physical Education

CLASS: B.A. 1st SEMESTER

TEACHING TERM- FROM 01 AUGUST to 04th NOVEMBER 2026

1 ST WEEK	Introduction to Syllabus • Meaning and definition of Physical Education • Relationship of Physical Education with Health and General Education Question- Answers PRACTICAL: Kho-Kho Introduction
2 nd WEEK	• Aim and Objectives Physical Education • Scope of Physical Education. Question- Answers PRACTICAL: Kho- Kho Court related introduction
3 rd WEEK	• Need of Physical Education in modern society. • Misconceptions regarding Physical Education. • Physical Education as Arts or Science Question- Answers PRACTICAL: Kho- Kho court Specification
4 th WEEK	• Physical Education during Indus Valley Civilization (3250 BC – 2500 BC) • Physical Education during Vedic period (2500 BC – 600 BC) • Physical Education during Early Hindu Period (600 BC – 320 A.D) Question- Answers PRACTICAL: Kho- Kho court marking
5 th WEEK	• Physical Education during Later Hindu Period (320 A.D – 1000 A.D) • Physical Education during Medieval Period (1000 A.D – 1757 A.D) Question- Answers

	PRACTICAL: Kho-Kho rules and regulation
6 th WEEK	• Physical Education during British Period (Till 1947) • Physical Education during After Independence Question- Answers PRACTICAL: Kho-Kho rules and regulations
7 th WEEK	• Meaning of Growth and Development • Meaning of Chronological Age, Anatomical age, Physiological age and Mental age Question- Answers PRACTICAL: Kho- Kho basic skills
8 th WEEK	• Principles of Growth and development • Difference between Growth and development Question- Answers PRACTICAL: Kho- Kho basic skills
9 th WEEK	• Factor affecting Growth and development • Growth and Development at various Levels of Childhood: Pre - Adolescence – Adolescence – Adulthood. Question- Answers Assignment Submission PRACTICAL: Kho- Kho basic skill drills and practice
10 th WEEK	• Qualifications and responsibilities of Physical Education and Sports professionals at various levels of educational institutions. Question- Answers PRACTICAL: Badminton game Introduction
11 th WEEK	• Qualifications and responsibilities as Coach, Fitness Trainers, Yoga Instructors and others Question- Answers PRACTICAL: Badminton Court related introduction
12 th WEEK	• Qualifications and responsibilities as sports Event Managers, Technical

	Officials, Researcher and others PRACTICAL: Badminton court Specification
13 th WEEK	• Qualifications and responsibilities in Health Clubs and Fitness Centers, Aerobics, Dance & Recreation Clubs in Corporate Sectors and others. PRACTICAL: Badminton court marking
14 th WEEK	Diwali Break and Revision
15 th WEEK	• Qualifications and responsibilities Sports Journalists, Commentators, Sports Photographers and Video Analysts PRACTICAL: Badminton rules and regulation
16 th WEEK	• Career opportunities in various Central Govt, State Govt., Private Organizations and others PRACTICAL: Badminton rules and regulation
17 th WEEK	• Career opportunities in Manufacturing and Marketing sectors. • Entrepreneurs opportunities in Physical Education and Sports. PRACTICAL: Badminton basic skills
18 th WEEK	Exam Pattern Discussion Important Question- Answers Discussion PRACTICAL: Badminton basic skills
19 th WEEK	Revision of Syllabus PRACTICAL: Badminton basic skill drills and practice