

**Course Name: Bachelor of Physical Education**  
**Year - IInd (Part-1)**  
**Paper Name - Methods of Physical Education**  
**Topic Name - Methods of Teaching**  
**Topic No. - Section - A (2)**  
**Paper No. - IIIrd**  
**Lecture No. - 5**

### **Lecture Title**

### **Planning the Teaching and Learning Process**

### **Summary**

Understanding the importance of cross-curriculum objectives and the balance between the complexity and practicality of the teaching materials seems to be the fundamental factor affecting the long term effectiveness of the education process.