

**Course Name: Bachelor of Physical Education**  
**Year - IInd (Part-1)**  
**Paper Name - Methods of Physical Education**  
**Topic Name - Lesson: Plans**  
**Topic No. - Section - B**  
**Paper No. - IIIrd**  
**Lecture No. - 6**

### **Lecture Title**

#### **The Basics of Lesson Plan**

#### **Summary**

With a history that spans centuries and roots traceable to the ancient Greeks, physical education is a technique that helps in promoting the physical fitness and well-being of a body. The primary aim of physical education, otherwise known as physical training, is to equip students with the knowledge, skills, capabilities, values, and enthusiasm necessary to the maintenance of a healthy lifestyle into adulthood, regardless of physical ability. Physical education has come to occupy a very important role in most school programs. There are various curriculum models for physical education courses. Such curricula stress the meaning of human movement; physiology of exercise, sport sociology, aesthetic appreciation of movement, and the acquisition of skills. A basic idea is about how one should go about in preparing the lecture module or the training module for the students.