

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. - 8

Lecture Title

Objectives of Lesson Planning

F.A.Q's

Q1. Describe the process of Teaching and learning?

Ans. A single lesson is the fundamental link of every educational process. However, to change anything in a lesson, one needs to re-consider the whole range of factors influencing that process.

Q2. Lessons should always include?

Ans. A single lesson is the fundamental link of every educational process. However, to change anything in a lesson, one needs to re-consider the whole range of factors influencing that process.

Q3. Warm up is led for how many reasons?

Ans. The warm up is led for 3 reasons: • to improve performance, • to prevent injury, • to prepare psychologically for the next, more challenging events.

Q4. What is propriorceptive?

Ans. Proprioreceptive neuromuscular stretching, which is a form of assisted stretches using the help of another person (mainly done by the top athletes after they have performed their static stretches, but might be also used by some highly qualified teachers working with elite sport students)

Q5. How the motives of participants vary?

Ans. Some will want to improve skills and will lose their interest if there is no progress (i.e. due to the monotonous repetition of the same tasks), others will enjoy being active and the fun factor will play a crucial role but they will be discouraged by too much pressure (i.e. if there is an emphasis on winning in racing or in a game).