

**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**

### **Glossary**

**Intellectual** - Relating to the intellect

**Cognitive** - Relating to cognition

**Feedback** - Information about a product

**Consolidate** - Make physically stronger

**Threshold** - Intensity