

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

Summary

Preparation of a lesson is a very important aspect of teaching as it sets out a clear, systematic and progressive structure for which the teacher and the pupils can work together. The pace of the lesson is also critical as it should be neither too fast nor too slow so that pupils can learn effectively and don't become bored easily. Coming from the position that it is insufficient in stimulating fitness, particularly cardiorespiratory fitness, some teachers tend to over-care about the intensity issues.