

Name:

Class and Section:

Subject:

Dr. Praveen Kumar  
Page VI Sem  
Athletic

Week	Date	Topic
1	1-Jan-19	Javeline Throw introduction
	2-Jan-19	holding
	3-Jan-19	do
	4-Jan-19	
	5-Jan-19	
	6-Jan-19	Sunday
	2	7-Jan-19
8-Jan-19		carry
9-Jan-19		do
10-Jan-19		
11-Jan-19		
12-Jan-19		
13-Jan-19		Sunday
3	14-Jan-19	carry
	15-Jan-19	do
	16-Jan-19	do
	17-Jan-19	
	18-Jan-19	
	19-Jan-19	
	20-Jan-19	Sunday
4	21-Jan-19	carry
	22-Jan-19	Approach run
	23-Jan-19	do
	24-Jan-19	
	25-Jan-19	Sir Chhoti Ram Jayanti
	26-Jan-19	Republic Day
	27-Jan-19	Sunday
5	28-Jan-19	Approach run
	29-Jan-19	do five stride rhythm
	30-Jan-19	Last five stride rhythm including impulse
	31-Jan-19	

Week	Date	Topic
1	1-Feb-19	
	2-Feb-19	
	3-Feb-19	Sunday
2	4-Feb-19	last five strokes rhythm including complete stride
	5-Feb-19	do
	6-Feb-19	Delivery stance
	7-Feb-19	
	8-Feb-19	
	9-Feb-19	
	10-Feb-19	Vasant Panchami / Sunday
	11-Feb-19	Delivery stance
3	12-Feb-19	do Reverse
	13-Feb-19	Reverse
	14-Feb-19	
	15-Feb-19	
	16-Feb-19	
	17-Feb-19	Sunday
	18-Feb-19	Revision
4	19-Feb-19	Guru Ravi Dass Birthday
	20-Feb-19	Test
	21-Feb-19	
	22-Feb-19	
	23-Feb-19	
	24-Feb-19	Sunday
	25-Feb-19	Hammer Throw Comp
5	26-Feb-19	do
	27-Feb-19	do
	28-Feb-19	

Week	Date	Topic
1	1-Mar-19	Maha Shivratri
	2-Mar-19	
	3-Mar-19	Sunday
2	4-Mar-19	Initial stance
	5-Mar-19	do
	6-Mar-19	do
	7-Mar-19	
	8-Mar-19	
	9-Mar-19	
	10-Mar-19	Sunday
3	11-Mar-19	Preliminary from swing to turn
	12-Mar-19	do
	13-Mar-19	do
	14-Mar-19	
	15-Mar-19	
	16-Mar-19	
	17-Mar-19	Sunday
4	18-Mar-19	University Holidays
	19-Mar-19	University Holidays
	20-Mar-19	University Holidays
	21-Mar-19	University Holidays
	22-Mar-19	University Holidays
	23-Mar-19	University Holidays
	24-Mar-19	Sunday
5	25-Mar-19	Transition from swing to turn
	26-Mar-19	do
	27-Mar-19	do
	28-Mar-19	
	29-Mar-19	
	30-Mar-19	
	31-Mar-19	Sunday



Week	Date	Topic
1	1-Apr-19	Topic
	2-Apr-19	do
	3-Apr-19	Deliberate stance
	4-Apr-19	
	5-Apr-19	
	6-Apr-19	
	7-Apr-19	Sunday
2	8-Apr-19	Deliberate stance
	9-Apr-19	do
	10-Apr-19	Deliberate stance
	11-Apr-19	
	12-Apr-19	
	13-Apr-19	
	14-Apr-19	Vaisakhi / Ambedkar Jyanti / Sunday
3	15-Apr-19	Deliberate stance
	16-Apr-19	Revision
	17-Apr-19	Mahavir Jayanti
	18-Apr-19	
	19-Apr-19	
	20-Apr-19	
	21-Apr-19	Sunday
4	22-Apr-19	Revision
	23-Apr-19	Revision
	24-Apr-19	Test
	25-Apr-19	
	26-Apr-19	
	27-Apr-19	
	28-Apr-19	Sunday
5	29-Apr-19	Revision + Application
	30-Apr-19	Revision of syllabus