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 Class and Section : B.Sc. Ist year , IInd sem  
 Subject : Gymnastics ( Practical )

Week	Date	Topic
1	1-Jan-19	Vaulting Table : Cat Vault
	2-Jan-19	Cat Vault
	3-Jan-19	
	4-Jan-19	
	5-Jan-19	
	6-Jan-19	Sunday
	2	7-Jan-19
8-Jan-19		Practice of Cat Vault
9-Jan-19		Practice of Cat Vault
10-Jan-19		
11-Jan-19		
12-Jan-19		
13-Jan-19		Sunday
3	14-Jan-19	Practice of Cat Vault
	15-Jan-19	Practice of Cat Vault
	16-Jan-19	Explain of technique Straddle Vault
	17-Jan-19	
	18-Jan-19	
	19-Jan-19	
	20-Jan-19	Sunday
4	21-Jan-19	Practice of Straddle Vault
	22-Jan-19	Practice of Straddle Vault
	23-Jan-19	Practice of Straddle Vault
	24-Jan-19	
	25-Jan-19	Sir Chhotu Ram Jayanti
	26-Jan-19	Republic Day
	27-Jan-19	Sunday
5	28-Jan-19	Practice of Straddle Vault
	29-Jan-19	Practice of Straddle Vault
	30-Jan-19	Practice of Straddle Vault
	31-Jan-19	

<b>Week</b>	<b>Date</b>	<b>Topic</b>
<b>1</b>	1-Feb-19	
	2-Feb-19	
	3-Feb-19	<b>Sunday</b>
<b>2</b>	4-Feb-19	<b>Pommel Horse : Perfect support position</b>
	5-Feb-19	Un – Even bars : Swing
	6-Feb-19	Practice of Skill
	7-Feb-19	
	8-Feb-19	
	9-Feb-19	
	10-Feb-19	<b>VasantPanchami / Sunday</b>
<b>3</b>	11-Feb-19	<b>Pommel Horse : Half Single leg circle</b>
	12-Feb-19	Un – Even bars : One leg squat rise & scale
	13-Feb-19	Practice of Skill
	14-Feb-19	
	15-Feb-19	
	16-Feb-19	
	17-Feb-19	<b>Sunday</b>
<b>4</b>	18-Feb-19	<b>Pommel Horse : Practice of skill</b>
	19-Feb-19	<b>Guru Ravi Dass Birthday</b>
	20-Feb-19	Un – Even bar : Practice of skill
	21-Feb-19	
	22-Feb-19	
	23-Feb-19	
	24-Feb-19	<b>Sunday</b>
<b>5</b>	25-Feb-19	<b>Pommel Horse : Single leg circle outward</b>
	26-Feb-19	Un – Even bar : Hang higher bar & squat for ward
	27-Feb-19	Practice of Skill
	28-Feb-19	

<b>Week</b>	<b>Date</b>	<b>Topic</b>
<b>1</b>	1-Mar-19	<b>MahaShivratri</b>
	2-Mar-19	
	3-Mar-19	<b>Sunday</b>
<b>2</b>	4-Mar-19	<b>Pommel Horse : Single leg circle in ward</b>
	5-Mar-19	Un – Even bar : Under swing Dismount
	6-Mar-19	Practice of Skill
	7-Mar-19	
	8-Mar-19	
	9-Mar-19	
	10-Mar-19	<b>Sunday</b>
<b>3</b>	11-Mar-19	<b>Roman Rings : Perfect Swing</b>
	12-Mar-19	Un – Even bar : Swing
	13-Mar-19	Practice of Skill
	14-Mar-19	
	15-Mar-19	
	16-Mar-19	
	17-Mar-19	<b>Sunday</b>
<b>4</b>	18-Mar-19	<b>University Holidays</b>
	19-Mar-19	<b>University Holidays</b>
	20-Mar-19	<b>University Holidays</b>
	21-Mar-19	<b>University Holidays</b>
	22-Mar-19	<b>University Holidays</b>
	23-Mar-19	<b>University Holidays</b>
	24-Mar-19	<b>Sunday</b>
<b>5</b>	25-Mar-19	<b>Roman Rings : Inverted Hang</b>
	26-Mar-19	Un – Even bars : Under Dismount
	27-Mar-19	Practice of Skill
	28-Mar-19	
	29-Mar-19	
	30-Mar-19	
	31-Mar-19	<b>Sunday</b>

<b>Week</b>	<b>Date</b>	<b>Topic</b>
<b>1</b>	1-Apr-19	Roman Ring : L – Hang
	2-Apr-19	Un – Even bars : On leg squat rise to scale
	3-Apr-19	Practice of Skill
	4-Apr-19	
	5-Apr-19	
	6-Apr-19	
	7-Apr-19	<b>Sunday</b>
<b>2</b>	8-Apr-19	<b>Roman Rings : Indicate forward with bend body</b>
	9-Apr-19	Un – Even bars : Hang higher bar & squat forward
	10-Apr-19	Practice of Skill
	11-Apr-19	
	12-Apr-19	
	13-Apr-19	
	14-Apr-19	<b>Vaisakhi / AmbedkarJyanti / Sunday</b>
<b>3</b>	15-Apr-19	<b>Roman Rings : Indicate forward with straight body</b>
	16-Apr-19	Un – Even bars : One leg squat rise to scale
	17-Apr-19	<b>MahavirJayanti</b>
	18-Apr-19	
	19-Apr-19	
	20-Apr-19	
	21-Apr-19	<b>Sunday</b>
<b>4</b>	22-Apr-19	<b>Practice of Vaulting Table Exercises</b>
	23-Apr-19	<b>Practice of Vaulting Table Exercises</b>
	24-Apr-19	<b>Practice of Vaulting Table Exercises</b>
	25-Apr-19	
	26-Apr-19	
	27-Apr-19	
	28-Apr-19	<b>Sunday</b>
<b>5</b>	29-Apr-19	<b>Practice of Roman Ring and Un – Even bars Exercise</b>
	30-Apr-19	<b>Practice of Roman Ring and Un – Even bars Exercise</b>

