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 Class and Section : B.Sc. I<sup>st</sup> year , II<sup>nd</sup> sem.  
 Subject : Gymnastics ( Theory )

Week	Date	Topic
1	1-Jan-19	Meaning of Artistic Gymnastics
	2-Jan-19	Different form of General development Exercise
	3-Jan-19	
	4-Jan-19	
	5-Jan-19	
	6-Jan-19	<b>Sunday</b>
	2	7-Jan-19
8-Jan-19		<b>General Development Exercise without Apparatus</b>
9-Jan-19		Importance of General Development Exercise with Apparatus
10-Jan-19		And without Apparatus
11-Jan-19		
12-Jan-19		
13-Jan-19		<b>Sunday</b>
3	14-Jan-19	<b>Duties of Judges on the Various Apparatuses</b>
	15-Jan-19	Duties of Judges on Vaulting Table
	16-Jan-19	Duties of Judges on Pommel Horse
	17-Jan-19	
	18-Jan-19	
	19-Jan-19	
	20-Jan-19	<b>Sunday</b>
4	21-Jan-19	<b>Duties of Judges on Un – Even Parallel bars</b>
	22-Jan-19	<b>Duties of Judges on Roman Rings</b>
	23-Jan-19	Duties of Superior Judge on Various Apparatus
	24-Jan-19	
	25-Jan-19	<b>Sir Chhotu Ram Jayanti</b>
	26-Jan-19	<b>Republic Day</b>
	27-Jan-19	<b>Sunday</b>
5	28-Jan-19	<b>Vaulting Table , Roman Rings , Pommel Horse</b>
	29-Jan-19	Un – Even Parallel Bars
	30-Jan-19	Measurement and Diagram of Vaulting Table
	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>Measurement and Diagram of Pommel Horse</b>
	5-Feb-19	Measurement and Diagram of Un – Even Parallel bars
	6-Feb-19	Measurement and Diagram of Roman Rings
	7-Feb-19	
	8-Feb-19	
	9-Feb-19	
	10-Feb-19	<b>VasantPanchami / Sunday</b>
<b>3</b>	11-Feb-19	<b>Techniques of Exercises on Gymnastics Apparatus</b>
	12-Feb-19	Vaulting Table : Cat Vault
	13-Feb-19	<b>Straddle Vault</b>
	14-Feb-19	
	15-Feb-19	
	16-Feb-19	
	17-Feb-19	<b>Sunday</b>
<b>4</b>	18-Feb-19	<b>Pommel Horse : Perfect Support</b>
	19-Feb-19	<b>Guru Ravi Dass Birthday</b>
	20-Feb-19	Un – Even bars : Hang higher bar & squat forward
	21-Feb-19	
	22-Feb-19	
	23-Feb-19	
	24-Feb-19	<b>Sunday</b>
<b>5</b>	25-Feb-19	<b>Pommel Horse : Half Single Leg circle</b>
	26-Feb-19	Un – Even bars : Swing on U.B.
	27-Feb-19	Pommel Horse : Single leg circle outward
	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>Revision of Unit - I</b>
	5-Mar-19	Revision of Unit - I
	6-Mar-19	Class Test - I
	7-Mar-19	
	8-Mar-19	
	9-Mar-19	
	10-Mar-19	<b>Sunday</b>
<b>3</b>	11-Mar-19	<b>Pommel Horse : Single leg circle inward</b>
	12-Mar-19	Un – Even bars : One leg rise & scale
	13-Mar-19	Roman Ring : Perfect Swing on Roman Ring
	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 Ring : Inverted Hang</b>
	26-Mar-19	Roman Ring : L – Hang
	27-Mar-19	Roman Ring : L – Hang
	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 : Indicate forward with bend body
	2-Apr-19	Un – Even Bars : Under Swing Dismount
	3-Apr-19	Under Swing Dismount
	4-Apr-19	
	5-Apr-19	
	6-Apr-19	
	7-Apr-19	<b>Sunday</b>
<b>2</b>	8-Apr-19	<b>Roman Ring : Indicate forward with straight body</b>
	9-Apr-19	Revision of Unit – II
	10-Apr-19	Revision of Unit – II
	11-Apr-19	
	12-Apr-19	
	13-Apr-19	
	14-Apr-19	<b>Vaisakhi / AmbedkarJyanti / Sunday</b>
<b>3</b>	15-Apr-19	<b>Revision of Unit – I , II</b>
	16-Apr-19	Class Test – II
	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>Practical copy and Viva Preparation</b>
	23-Apr-19	<b>Practical copy and Viva Preparation</b>
	24-Apr-19	<b>Practical copy and Viva Preparation</b>
	25-Apr-19	
	26-Apr-19	
	27-Apr-19	
	28-Apr-19	<b>Sunday</b>
<b>5</b>	29-Apr-19	<b>Class Test – I</b>
	30-Apr-19	<b>Class Test – II</b>

