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 Class and Section : B.Sc. Ist year , II sem.
 Subject : Track and fuid and gymnastics

| Week | Date | Topic |
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| 1 | 1-Jan-19 | |
| | 2-Jan-19 | |
| | 3-Jan-19 | Review of track marking |
| | 4-Jan-19 | Review of track marking |
| | 5-Jan-19 | Distribution of stagger |
| | 6-Jan-19 | Sunday |
| | 2 | 7-Jan-19 |
| 8-Jan-19 | | |
| 9-Jan-19 | | |
| 10-Jan-19 | | Distribution of stagger |
| 11-Jan-19 | | Distribution of stagger |
| 12-Jan-19 | | Distribution of stagger |
| 13-Jan-19 | | Sunday |
| 3 | 14-Jan-19 | |
| | 15-Jan-19 | |
| | 16-Jan-19 | |
| | 17-Jan-19 | Introduction of middle distance running |
| | 18-Jan-19 | Events of middle distance running |
| | 19-Jan-19 | Introduction of start |
| | 20-Jan-19 | Sunday |
| 4 | 21-Jan-19 | |
| | 22-Jan-19 | |
| | 23-Jan-19 | |
| | 24-Jan-19 | Types of start |
| | 25-Jan-19 | Sir Chhotu Ram Jayanti |
| | 26-Jan-19 | Republic Day |
| | 27-Jan-19 | Sunday |
| 5 | 28-Jan-19 | |

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| | 29-Jan-19 | |
| | 30-Jan-19 | |
| | 31-Jan-19 | Types of start |

| Week | Date | Topic |
|-------------|-------------|-----------------------------------|
| 1 | 1-Feb-19 | Teaching of standing start |
| | 2-Feb-19 | Teaching of standing start |
| | 3-Feb-19 | Sunday |
| 2 | 4-Feb-19 | |
| | 5-Feb-19 | |
| | 6-Feb-19 | |
| | 7-Feb-19 | Teaching of correct running style |
| | 8-Feb-19 | Emphasis on proper body position |
| | 9-Feb-19 | And foot placement position |
| | 10-Feb-19 | VasantPanchami / Sunday |
| 3 | 11-Feb-19 | |
| | 12-Feb-19 | |
| | 13-Feb-19 | |
| | 14-Feb-19 | Introduction of long jump |
| | 15-Feb-19 | Measurement & diagram (test) |
| | 16-Feb-19 | Measurement & diagram (test) |
| | 17-Feb-19 | Sunday |
| 4 | 18-Feb-19 | |
| | 19-Feb-19 | Guru Ravi Dass Birthday |
| | 20-Feb-19 | |

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| | 21-Feb-19 | Rules of long jump competition |
| | 22-Feb-19 | Rules of long jump competition |
| | 23-Feb-19 | Introduction of different stages of long jump |
| | 24-Feb-19 | Sunday |
| 5 | 25-Feb-19 | |
| | 26-Feb-19 | |
| | 27-Feb-19 | |
| | 28-Feb-19 | Approach run of long jump |

| Week | Date | Topic |
|-------------|-------------|----------------------------------|
| 1 | 1-Mar-19 | MahaShivratri |
| | 2-Mar-19 | Approach run of long jump |
| | 3-Mar-19 | Sunday |
| 2 | 4-Mar-19 | |
| | 5-Mar-19 | |
| | 6-Mar-19 | |
| | 7-Mar-19 | Take off |
| | 8-Mar-19 | Flying plan |
| | 9-Mar-19 | Landing |
| | 10-Mar-19 | Sunday |
| 3 | 11-Mar-19 | |
| | 12-Mar-19 | |
| | 13-Mar-19 | |
| | 14-Mar-19 | Introduction of shot put |
| | 15-Mar-19 | Introduction of shot put |
| | 16-Mar-19 | Introduction of shot put |
| | 17-Mar-19 | Sunday |

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| 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 | |
| | 26-Mar-19 | |
| | 27-Mar-19 | |
| | 28-Mar-19 | Rules of shot put competition |
| | 29-Mar-19 | Rules of shot put competition |
| | 30-Mar-19 | Class test |
| | 31-Mar-19 | Sunday |

| Week | Date | Topic |
|-------------|-------------|----------------------------------|
| 1 | 1-Apr-19 | |
| | 2-Apr-19 | |
| | 3-Apr-19 | |
| | 4-Apr-19 | Measurement and diagram |
| | 5-Apr-19 | Measurement and diagram |
| | 6-Apr-19 | Different techniques of shot put |
| | 7-Apr-19 | Sunday |
| 2 | 8-Apr-19 | |
| | 9-Apr-19 | |
| | 10-Apr-19 | |
| | 11-Apr-19 | Introduction of Perry'o' - brine |
| | 12-Apr-19 | Holding |
| | 13-Apr-19 | Placement of shot |

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| | 14-Apr-19 | Vaisakhi / AmbedkarJyanti / Sunday |
| 3 | 15-Apr-19 | |
| | 16-Apr-19 | |
| | 17-Apr-19 | MahavirJayanti |
| | 18-Apr-19 | Initial stance |
| | 19-Apr-19 | Lelide |
| | 20-Apr-19 | Lelide |
| | 21-Apr-19 | Sunday |
| | 4 | 22-Apr-19 |
| 23-Apr-19 | | |
| 24-Apr-19 | | |
| 25-Apr-19 | | Delivery stance |
| 26-Apr-19 | | Delivery action |
| 27-Apr-19 | | Reverse |
| 28-Apr-19 | | Sunday |
| 5 | 29-Apr-19 | |
| | 30-Apr-19 | |