

/ /2024



INTERNSHIP REPORT

**H.V.S.K.M COLLEGE OF PHYSICAL EDUCATION COLLEGE,
YAVATMAL, MAHARASTRA**

SUBMITTED TO:

DR. V.R. TALREJA


SUBMITTED BY:

ABHISHEK KUMAR JHA

ROLL: 23

M.P.E.D 3rd SEMESTER

2023-24


Co-ordinator
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HVSKM Phy.Edu.College
Yavatmal


Chairperson
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Goenka Sports Club
1984

1984

LESSON PLAN-1



DATE: 04/12/2023

DAY: _____

TIME: 45 minutes

Class: 10th
Period: 3rd
Game: Volleyball
Skill: Warm up

- **Objectives:**

The main aim of warm up is to prepare the body for any game and purpose of warm up is to prevent the student from any injury.

- **Methodology:**

First I bring the students to ground with jogging then make circle for stretching, jumping, jogging, and other exercises.

- **Resources:**

- i. Ground
- ii. Cones


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LESTARI BUNGA

Program Kerja
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LESSON PLAN-2

DATE: _____

DAY: _____

TIME: 30 minutes

Class: 10th
Period: 3rd
Game: Volleyball
Skill: Service

- **Objectives:**


The main aim of objective is to improve the service of students and make the best coordination of ball and hands during a service.

- **Methodology:**

First I bring the class in the court and divide them into small groups. Then I will give demonstration of under hand service & upper hand service.

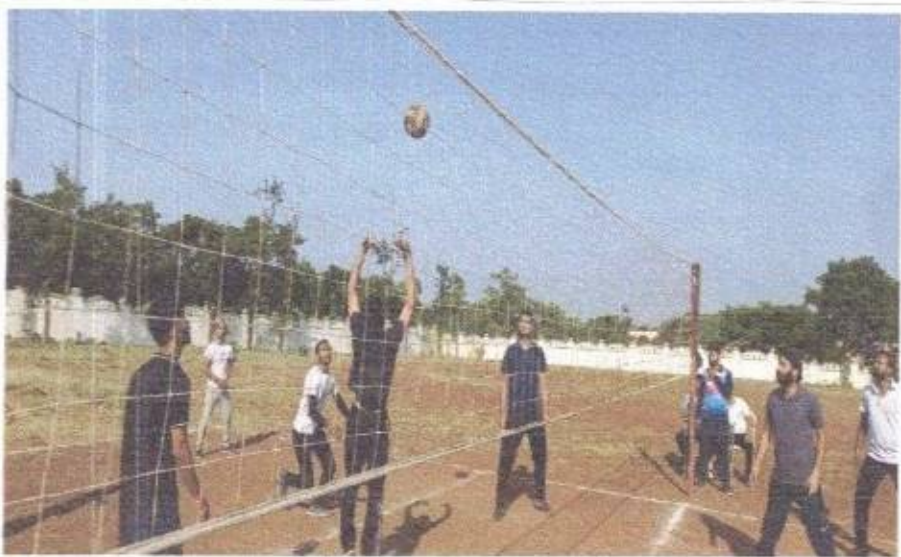
- **Resources:**

- i. Ground
- ii. Cone


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Gibson



LESSON PLAN-3

DATE: _____

DAY: _____

TIME: 30 minutes

Class: 10th
Period: 3rd
Game: Volleyball
Skill: Digging

- **Objectives:**

Coordination of the ball with hands and how to dig driven ball be ready to run depth a short or tip.

- **Methodology:**

First I bring the class in the court. Then I count the total strength of the class. Then I divided the students into five groups, So that they learn any skill easily. In this way I look over every student .

- **Resources:**

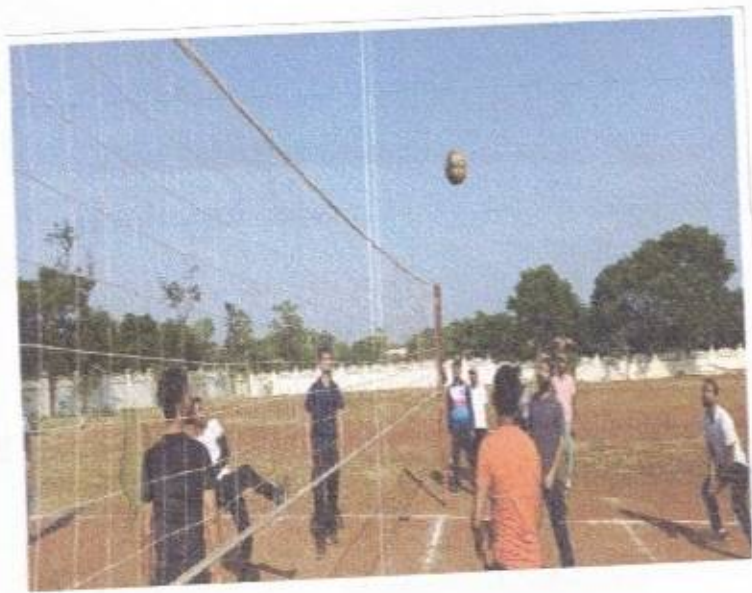
- i. Court
- ii. Ball
- iii. Whistle


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LESSON PLAN-4

DATE: _____

DAY: _____

TIME: 30 minutes

Class: 10th
Period: 3rd
Game: Volleyball
Skill: Blocking

- **Objectives:**

The main aim of this skill is to improve the successful block and increase the performance of students in blocking skill determines speed and height of set.

- **Methodology:**

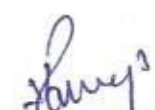
First I bring the class into the court. Then I count the total strength of the class. Then I divided the students into five groups, So that they learn any skill easily. In this way I look over every student.

- **Resources:**

- iv. Court
- i. Ball
- ii. Whistle


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LESSON PLAN-5

DATE: _____

DAY: _____

TIME: 30 minutes

Class: 10th
Period: 3rd
Game: Volleyball
Skill: Passing

- **Objectives:**

The main aim of this skill to improve and learn passing skill during game and more a best coordination of players when they pass the ball to another players.

- **Methodology:**

First of all I take the students to the court and start doing passing practice. The total class divides into two groups and do practice of passing with each other.

- **Resources:**

- i. Court
- ii. Ball
- iii. Whistle


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LESSON PLAN- 6

DATE: _____

DAY: _____

TIME: 30 minutes

Class: 10th
Period: 3rd
Game: Volleyball
Skill: Blocking

- **Objectives:**


The main aim of this skill to improve the successful block and increase the performance of students in blocking skill determine speed and height of set and do not swing arms.

- **Methodology:**

First I bring the class in the court and divide them into two teams. Then start practice of blocking skill and improvement of that skill.

- **Resources:**

- i. Court
- ii. Ball
- iii. Whistle


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LESSON PLAN- 7

DATE: _____

DAY: _____

TIME: 30 minutes

Class: 10th
Period: 3rd
Game: Volleyball
Skill: Boosting

- **Objectives:**

The main aim of boosting skill to improve the ability of students to set the ball for the smasher because they have to boost the ball and stand up the ball on net for smashing.

- **Methodology:**

First I bring the class in the court, and then I start practice of boosting it mean how we pick up the ball on fingers.

- **Resources:**

- i. Court
- ii. Ball
- iii. Whistle


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LESSON PLAN- 8

DATE: _____

DAY: _____

TIME: 30 minutes

Class: 10th

Period: 3rd

Game: Volleyball

Skill: Smashing

- **Objectives:**

The main aim of this skill to improve the player's attack on the ball and make a smash it is also an important skill which is necessary for player to make a point.

- **Methodology:**

First of all I will take the students to the court and start practice of smashing in small groups, as we all know that practice makes man perfect.

- **Resources:**

- i. Court
- ii. Ball
- iii. Whistle


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