

BAI year Lesson Plan (Health & Phy. Edu)

Kamesh Singh (100 days)

16 Feb 2024 - 29 Feb 2024

Meaning, definition, of Anatomy & Physiology
Cell, structure - Properties and function, Cell, Tissue, organ, system
Bone; - meaning & types
Skeleton system

01 March 2024 to 15 March 2024

Meaning of Joints, Types of Joints.
Synovial Joints present in human body.
Meaning of muscle & types of muscles, skeletal muscle
& Classification of skeletal muscle

16 March to 31 March 2024

Circulatory system & digestive system
Constituents of blood & function, heart, Blood circulation
Organs of digestive system, structure & function
Process of food absorption, name & function of various digestive
Jules & enzymes.

01 April to 15 April 2024

Organ of Respiratory system, function
Structure of Respiratory system
Exchange of gases, organs of excretory system
Structure & function of skin.

(Kamesh Singh)
(Ramesh Singh)