

Lesson Plan: Template Explanation for ICs



Internal Instructor Information

- Instructor(s): list of the instructor(s) teaching the lesson
- Class: age of students; level of class; type of boat
- Duration (total time for lesson): length of the lesson
- Weather: current weather conditions for the day of the lesson

Connecting to Prior Knowledge and Experiences

- What do the students know?
- In which relevant activities have the students already participated?

Objectives/Goals (3-5)

- Use...
- Identify...
- Understand...
- Differentiate...

Student Outcomes: Identify the skills of which the students should show mastery by the end of the lesson. This section directly correlates to the skill in the SkillUp app.

Materials: List the materials (e.g., whiteboard, boat parts for land drills) needed to conduct the chalk talks, land drills and water activity.

Reference Materials (including page(s) and/or chapter(s))

- *Learn Sailing Right: Beginner Sailing* (p. 14)
- SkillUp App: *Level One – Beginner / Diamond*
- SkillUp App: *Sailing Smart – Intro to Sailing / Parts of the Boat*
- Other textbooks that relate to this topic (pp. 18-23, chs. 7, 8)

Topic/Focus Skill(s): Identify what the sailors will learn (e.g., wind direction, Safety Position).

Purpose/Value Statement: Instructor's verbal introduction to the topic and its relevance to the students' knowledge base.

Artful/Scaffolded Questions: Broad and focused open-ended questions used during the activities section.

Activities (including duration)

- **Setup (xx min)**
- **Chalk Talk (xx min)**
- **Land Drill (xx min)**
 - Skill-Based
 - Activity-Based
- **Instructor Demonstration (xx min)**
- **Water Activity (xx min)**
- **Debrief (xx min)**

Lesson Plan Reflections/Notes

- Which of my teaching skills were effective and/or ineffective?
- Which elements went well and/or poorly during the lesson?
- What improvements do the students need to make?