Class Factors

**Students**: Number, Age, Skill Level, Boat-Type

**Time**: Duration of class

**Weather**: Air & Water Temp, Wind Speed, Forecast

Setup

Materials needed to teach each step in the progression of learning, prep before students arrive.

<table>
<thead>
<tr>
<th>Chalk Talk:</th>
<th>Land Drill:</th>
<th>On Water:</th>
</tr>
</thead>
</table>

Progression of Learning - Chalk Talk

**Purpose Value Statement**: Explain why this focus skill will help connect to their sailing knowledge.

- **Prior Skill Knowledge**: What skills you need to know before learning about this new skill (brief review)

- Artful Questions (1-2) to engage youth and help them connect to their prior experiences

- **Content**: Introduction

  Talking points with details:

- **Diagrams/Videos links**: Reference the Skill Up app to see this skill in action.

- **Check for Understanding**: Ask questions that probe for understanding.
### Progression of Learning - Land Drill

<table>
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<tr>
<th>Skill-Based:</th>
<th>Physical movements of focus skill.</th>
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<tbody>
<tr>
<td></td>
<td>Instructor description:</td>
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<table>
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<tr>
<th>Activity-Based:</th>
<th>Practice the water activities on land.</th>
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<td>Instructor description:</td>
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</table>

- | Instructor demo. |
- | Each student individually tries while instructor gives specific and constructive feedback. |
- | Class tries while instructor gives feedback. |

### Progression of Learning - Instructor Demonstration

**SAFETY** - Make sure you have another instructor or high-level student to co-teach with you if you are going to demo a skill away from your students safely. One person always needs to be with the class.

- | Instructor demo: |

### Progression of Learning - Student Practice

- | Rig and Sail out. |
- | On-Water Practice: |

**Description:**

- | Graphic: |

- | On-Water Game: |

**Description:**

- | Graphic: |

- | Sail in and De-Rig. |
### Progression of Learning - Debrief

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- **Students self-assess:** Ask each student to explain either.
  - What did I do well today?
  - What do I want to work on next time?

- **Provide your assessment of their performance as a group.**

### Reflections:

**Questions that you ask yourself to reflect on how effective your teaching was and how much information the students retained and were able to demonstrate. Did you meet your goal(s)?**

#### Which of my teaching skills were effective and/or ineffective?
Think back to timing, content, communication, group management, and safety.

#### Which elements went well and/or poorly during the lesson?
Think back to set up, chalk talk, land drill, instructor demo, on-water practice, and debrief.

#### What improvements do the students need to make?
Think back to the Goal for the day. What did I do well today?

### Reference Materials:

- **Titles and page numbers of books, other materials that you pulled content from.**

### Notes: