



Instructor Lesson

Focus Skill

Goal(s) What do you hope to accomplish?

Class Factors

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

Time: Duration of class

Weather: Air & Water Temp, Wind Speed, Forecast

Setup minutes

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

Chalk Talk:	Land Drill:	On Water:



Progression of Learning - Chalk Talk minutes

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

minutes

Skill-Based: Physical movements of focus skill.

Instructor description:

Instructor demo.

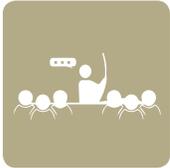
Each student individually tries while instructor gives specific and constructive feedback.

Activity-Based: Practice the water activities on land.

Instructor description:

Instructor demo.

Class tries while instructor gives feedback.



Progression of Learning - Instructor Demonstration

minutes

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

minutes

Rig and Sail out.

On-Water Practice:

Description:

Graphic:

On-Water Game:

Description:

Graphic:

Sail in and De-Rig.



Progression of Learning - Debrief

minutes

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: