UNIT 13 : LESSON PLANNING

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13.1 LEARNING OBJECTIVES

It is expected that after going through this unit, the learners will be able to

- Create a well-organized lesson plan
- Understand the needs of the student and learning style
- Be prepared and confident while teaching in the classroom
- Help the students to achieve the aim/objective of the lesson

13.2 INTRODUCTION

A lesson plan serves as a detailed roadmap for teachers, outlining the specific steps they will take during a single class period. It involves carefully considering the order of topics, the chosen teaching style, and the methods for assessing student learning. By creating a lesson plan, teachers can anticipate potential challenges, gather necessary materials, and ensure a smooth and effective teaching experience. This proactive planning process helps teachers make informed decisions about how they will present information, engage students, and ultimately facilitate effective learning within the classroom. Teacher lesson plans include learning objectives, teaching methods, activities, materials, and assessment strategies, outlining how the lesson will be run. A lesson plan is the teacher's guide for teaching the lesson, which includes the goal (what students should learn), how the goal will be achieved (method, procedure), and how well it was achieved (test, worksheets, homework).

13.3 NEED & IMPORTANCE OF LESSON PLAN

A lesson plan is essential for creating an effective teaching environment and a successful learning experience for students. Teachers can use the curriculum to organize, purposefully plan, and engage their students' learning. Teachers need to carefully consider learning objectives, activities, materials, and assessment strategies in order to maximize student understanding and achievement.

Here are some key benefits of lesson planning:

- **Clear Learning Objectives:** All classroom activities are selected and implemented based upon these clearly defined goals.
- **Improved Student Learning:** Teachers who use well-structured lesson plans are able to present information in a clear and logical manner, which makes understanding and retaining information easier.
- **Increased Teacher Confidence:** Having a plan in place can boost teacher's confidence and reduce anxiety in the classroom, allowing them to focus on student engagement and interaction.
- **Enhanced Time Management:** Lesson plans help teachers allocate the right management of time for each part of the lesson. This ensures that all important topics are covered and the lesson flows smoothly.
- **Differentiated Instruction**: Lesson plans can be adjusted to meet the different learning styles and needs of all students. This helps ensure that all students have a chance to succeed.
- **Quality Questions**: Lesson plans can include thought-provoking questions that encourage students to think deeply and critically. This helps students go beyond simple memorization.
- **Improved Assessment**: By planning assessments in advance, teachers can gather valuable information about student learning. This allows teachers to identify areas where students may need extra help.

Overall,Lesson planning requires effort, but it's a crucial tool for effective teaching. It benefits both teachers and students by improving instruction and student learning outcomes. Lesson planning helps the teacher in the following ways:

- Clear structure for easy understanding and retention.
- Targeted instruction to meet individual needs.
- Engaging activities to keep students motivated.
- Reduced anxiety and increased preparedness.
- Better time management for efficient instruction.
- Enhanced Classroom Management:
- Smooth transitions for a less disruptive environment.
- Improved student engagement through better behavior management.

- Data-driven instruction for informed decision-making.
- Targeted support for struggling students.
- Reflection and growth for continuous improvement.
- Accountability and peer feedback opportunities.

13.4 CHARACTERISTICS OF GOOD LESSON PLAN

13.4.1 Clear Learning Objectives: Use the SMART formula to define Objectives

- **Specific:** Clearly state what students will learn.
- **Measurable:** How will you know if students have achieved the objective?
- **Attainable:** Are the objectives realistic and achievable within the lesson timeframe?
- **Relevant:** Are the objectives aligned with the overall curriculum and student needs?
- **Time-bound:** When should the objectives be met (by the end of the lesson)?

Example: Instead of "Students will learn about photosynthesis," try "Students will be able to explain the process of photosynthesis, including the role of light, water, and carbon dioxide, in their own words."

13.4.2 Student Centered

- Incorporate a variety of teaching methods (visual, auditory, kinesthetic) to cater to different learning styles.

13.4.3 Assess Previous Knowledge

- Use a quick quiz, a brainstorming session, or a simple question-and-answer session to determine what students already know about the topic. Transitions between activities are smooth and logical.

13.4.4 Engaging Activities

- Include a mix of activities such as discussions, group work, hands-on experiments, role-playing, and technology integration. Try to connect the

lesson to real-world situations & examples and it will help to create student's interest to make learning more relevant and engaging.

13.4.5 Use of Technology

- Use technology tools such as educational websites, interactive simulations, and online resources to enhance learning.
- Ensure that all students have access to and can effectively use the technology integrated into the lesson.
- By following these strategies, you can create effective lesson plans that are engaging, informative, and tailored to the specific needs of your students.

13.4.6 Clear Assessment Strategies

- Incorporate ongoing assessment methods (e.g., observation, questioning, quick checks) to monitor student understanding throughout the lesson. (Formative Assessment)
- Determine how student learning will be assessed at the end of the lesson (e.g., quizzes, projects, presentations). (Summative Assessment)

13.4.7 Flexible to Adjust

- Understand that lesson plans are a guide, not a rigid script. Be prepared to adjust the plan based on student needs and unexpected events.

13.4.8 Revision

- After each lesson, reflect on what went well and what could be improved. Revise your lesson plan accordingly for future use.

13.4.9 Appropriate Differentiation

- Provides opportunities for all students to succeed, including those who may need extra support or enrichment.

13.4.10 Time Management

- Accurately estimates the time required for each activity.

- Allows for flexibility and adjustments as needed.

By incorporating these characteristics, teachers can create effective lesson plans that lead to improved student learning and a more engaging classroom experience.

13.5 HERBARTIAN MODEL OF LESSON PLAN

The Herbartian approach to teaching involves five steps that help make learning systematic and effective. These steps were developed from Herbart's original four steps by his followers. Here's a simplified explanation:

13.6 DEVELOPMENT OF LESSON PLAN

Date……..

Class……

Period……

Subject……

Topic……..

General Objectives: These are broad goals set by the teacher for a subject, based on students' existing knowledge.Example: To help students understand daily use of Yoga.

Specific Objectives: These are detailed goals derived from the general objectives. They focus on what students will learn and are written in terms of texts, practical knowledge or skills. Example:Students will recall the definition/ meaning of Yoga.

Introduction: The teacher links new knowledge with the previous knowledge what students already know. The topic is not directly introduced but is discovered through students' answers to introductory questions.

Teaching Aids: Relevant audio-visual aids are chosen to match the topic being taught.

Previous Knowledge: The teacher considers what students already know.Example: Students are familiar with figures of speech and know that nouns are naming words.

Statement of Aim: The teacher uses students' responses to clearly state the topic.Example: "Today, we'll learn about Yoga in Patanjali Yoga Sutra."

Presentation: The teacher prepares and organizes questions logically, from simple to complex, to explain the topic step by step.

Explanation: The teacher explains the answers to these questions to ensure students understand the material, as the content is presented in a question-and-answer format. Also try to join this with the example of daily life.

Summary: The teacher summarizes the key points and explanations for clarity.

Review Questions: At the end, the teacher asks review questions to practice and test students' understanding. These are done after summary.

For example:

Q.1.What is the definition of Asana?

Q.2. Give name of some forward bending asana.

Home assignments: At the end of the lesson plan, home assignment is given to the students on the same teaching unit. The purpose of home work is to practice, to organize and to study the topic for better understanding and retention.

13.6.1. Preparation/Introduction: The teacher begins by asking questions to check students' previous knowledge. This not only prepares their minds but also sparks curiosity to learn something new.

13.6.2. Statement of Aim: The teacher clearly introduces the topic. This helps students understand what they will be learning. The topic is often written on the board to ensure clarity.

13.6.3. Presentation: The teacher develops the lesson with the active involvement of students. By asking questions and encouraging participation, the teacher connects the new knowledge to what students already know.

13.6.4. Comparison and Association: Students compare and relate the new information with what they have previously learned. This step helps them understand the material better by seeing connections between different facts and concepts.

13.6.5. Generalization: After learning the main lesson, students think about the broader principles or rules that can apply to various situations. This step encourages deeper understanding and independent thinking.

13.6.6. Application: Finally, students apply what they've learned to new situations. The teacher checks this by asking questions or giving activities. This helps students solidify their learning and see how it can be used in real life.

13.7 PREPARATORY STEPS OF LESSON PLANNING

Following points should be kept in mind while preparing a lesson plan:

1) Lesson number

2) Date

3) Time

4) Class

5) Subject

6) Age of children

7) Topic of the lesson

8) Aims of the lesson

a) Specific aim

b) General aim

9) Material used

10) Previous knowledge

11) Introduction

12) Statement of the aim

13) Presentation

14) Comprehensive question

15) Summary

16) Recapitulation

17) Home-work

1. **Lesson Number**: A sequential number for each lesson within a unit or term. (e.g., Lesson 1, Lesson 2)
2. **Date:** The date of the lesson.
3. **Time:** The scheduled time for the lesson. (e.g., 9:00 AM - 9:45 AM)
4. **Class:** The specific class or grade level. (e.g., PG Diploma yoga)
5. **Subject:** The subject area of the lesson. (e.g., Hatha Yoga Texts)
6. **Age of Children:** The age group of the students. (e.g., Adult)
7. **Topic of the Lesson**: The specific subject matter to be covered. (e.g., Introduction to Hatha Yoga Pradipika)
8. **Aims of the Lesson:**

- a) **Specific Aim:** A precise and measurable goal for the lesson. (e.g., "Students will be able to understand the meaning and introduction to HathayogaPradipika.")
- b) **General Aim:** A broader goal for the lesson, often related to developing critical thinking, problem-solving, or communication skills. (e.g., "To develop students' understanding of chaturanga Yoga.")

9. **Material Used:** A list of teaching aids and resources used in the lesson. (e.g., Whiteboard, markers, textbooks, worksheets, flashcards, computer, projector)
10. **Previous Knowledge:** A brief summary of what students should already know or have learned previously that is relevant to the current lesson.
11. **Introduction:** A brief and engaging opening to capture student attention and introduce the topic.
12. **Statement of the Aim:** A clear and concise statement of what students will learn during the lesson.

13. **Presentation:** A detailed description of the teaching methods and activities used to present the new information.
14. **Comprehensive Question:** A challenging question that requires students to apply their knowledge and critical thinking skills.
15. **Summary:** A brief review of the key concepts and ideas covered in the lesson.
16. **Recapitulation**: A quick review of the main points of the lesson to reinforce learning.
17. **Home-work:** Assignments or activities for students to complete outside of class to reinforce learning and practice skills**.**

13.8 DISADVANTAGE OF LESSON PLAN

- **Time-Consuming:**

Creating detailed lesson plans can be time-consuming, especially for new teachers or those teaching multiple subjects. This can leave less time for other important tasks like grading, student interaction, and professional development.

- **Inflexibility:**

Overly rigid lesson plan can limit creativity and flexibility in the classroom. Unexpected student questions may need changes that a rigid plan can’t easily handle.

- **Risk of Over-Planning:**

Teachers may spend excessive time planning and become overly focused on adhering to the plan, potentially hindering their ability to respond to student needs and adapt to the learning environment.

- **Potential for Micromanagement:**

External pressures to adhere to specific lesson plan formats or templates can sometimes lead to a focus on meeting administrative requirements rather than fostering student learning.

- **Limited Attention to Individual Needs:**

Strictly following a fixed lesson plan may not always address the diverse needs and interests of all students. However, these are potential limitations, not guaranteed issues.

Lesson plans are most effective when they are flexible and used as a guide rather than a rigid script, allowing teachers to adapt to the classroom dynamics and enhance learning.

However, Generalization is not needed in every lesson. Lesson plan should be flexible to incorporate individual differences. Sometimes, Lesson plan doesn't motivate the pupils to learn by doing. The correlation between the different subjects is also difficult.Herbartian approach, emphasis is laid on teaching only instead of learning.This reduces the freedom of the teacher and students. Thus, the pupil-teachers should follow lesson plan approach with necessary changes keeping its merits in view.

13.9 SAMPLE LESSON PLAN

Introduction BasicYogasana for Healthy persons

Lesson Number: 1

Date: [Insert Date]

Time: [Insert Time]

Class: [Insert Class Name/Group Name]

Subject: Yoga

Age: Adults

Topic of the Lesson: Introduction to Basic Yoga Poses (Asanas)

Aims of the Lesson:

a) **Specific Aim:** Participants will be able to correctly demonstrate three basic yoga poses: Tadasana, vriksha Asana, Kati Chakrasana

b) **General Aim:** To introduce participants to the benefits of yoga for physical and mental well-being and to cultivate an interest in regular yoga practice.

Material Used: Yoga mats, comfortable clothing, water bottle, blocks (optional), blankets (optional)

Previous Knowledge: No prior yoga experience required.

Introduction: Begin with a brief introduction to yoga, emphasizing its holistic benefits for mind, body, and spirit. Explain the importance of mindful breathing and proper alignment.

Statement of the Aim: Today, we will learn three fundamental yoga poses and experience the benefits of mindful movement.

Presentation:

Warm-up: 5 minutes of gentle warm-up exercises, such as GreevaSanchalana, Kati chakrasana, SarvangaPhushti etc.

Tadasana: Demonstrate and guide participants through proper alignment, emphasizing grounding and lengthening the spine.

Vrikshasana: Demonstrate and guide participants through proper alignment, emphasizing a gentle inversion and stretching the hamstrings.

Trikonasana: Demonstrate and guide participants through proper alignment, emphasizing relaxation and stress relief.

Guided Practice: Allow participants to practice each pose individually and then guide them through a short flow incorporating all three poses.

Comprehensive Question: "How does proper alignment in Tadasana help improve posture and balance?"

Summary: Briefly review the three poses and their benefits. Emphasize the importance of mindful breathing throughout the practice.

Recapitulation: Quickly review the names and benefits of the three poses.

Home-work: Practice Tadasana, Vrikshasana and Trikonasanafor 5 minutes daily at home.

13.10 LET US SUM UP

This chapter explains the importance of lesson planning for effective and engaging teaching.
It shows how lesson work as structured guides with objectives, activities, teaching aids, and assessments.Teachers plan lessons to meet the varied needs of students. The chapter emphasizes being flexible and aligned in plans with learning goals. It also highlights the value of using engaging and varied teaching method like Herbartian model.

CHECK YOUR PROGRESS

1. What is a lesson plan?
2. Mention any two ways in which lesson planning is helpful.
3. Give two disadvantage of lesson planning.
4. Why is lesson planning important?
5. What is one characteristic die at good lesson Plan?
6. Name one step of the Herbertion lesion plan.
7. Mention one disadvantage at lesson Planning.

13.11 FURTHER READING

- Kaur Manmeet: English Lesson Plan(IGNOU help book for English lesson plan in English)
- Lesson Plan Steps (Herbartian Approach). Retrieved from http://freenaleen.blogspot.in/2013/12/lesson-plan-steps-herbartianapproach.html
- Serdyukov, Peter, and Ryan, Mark. *Writing Effective Lesson Plans: The 5-Star Approach.* Boston: Allyn & Bacon, 2008.

13.12 ANSWERS TO CHECK YOUR PROGRESS

1. A lesson plan is the teacher's guide for teaching the lesson, which includes the goal (what students should learn), how the goal will be achieved (method, procedure), and how well it was achieved (test, worksheets, homework).
2. Here are some key benefits of lesson planning:

a) **Clear Learning Objectives:** All classroom activities are selected and implemented based upon these clearly defined goals.

b) **Improved Student Learning:** Teachers who use well-structured lesson plans are able to present information in a clear and logical manner, which makes understanding and retaining information easier.

3. Two possible disadvantages can be-

a) Time-Consuming:

Creating detailed lesson plans can be time-consuming, especially for new teachers or those teaching multiple subjects. This can leave less time for other important tasks like grading, student interaction, and professional development.

b) Inflexibility:

Overly rigid adherence to a lesson plan can stifle creativity and spontaneity in the classroom. Unexpected events or student questions may require adjustments that aren't easily accommodated by a fixed plan.

4. It helps in organized teaching and Impress student learning.

5. Clear leaving objectives.

6. Presentation.

7. It is time-consuming

13.13 MODEL QUESTIONS

Q1.List the important steps of lesson planning.

Q2. Discuss the disadvantage of lesson planning.

Q3. Write some benefits of lesson planning.

Q4. Why should we plan a lesson?

Q5. Plan a lesson plan on Pranayama topic.

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