

Lesson planning

Overview

Lesson planning is essential for effective teaching, as it helps educators stay organized, ensures that learning objectives are met, and provides a framework for delivering content in a logical and coherent manner.

The goal of this presentation is to develop a structured, goal-oriented approach on the fly to maximise time efficiency and enhance learning effectiveness.

What is lesson planning?

Lesson planning is the process of developing a detailed guide or blueprint that outlines the objectives, content, materials, activities, and assessments for a specific instructional session or series of sessions. It serves as a roadmap for educators to ensure that teaching is organized, purposeful, and aligned with learning goals.

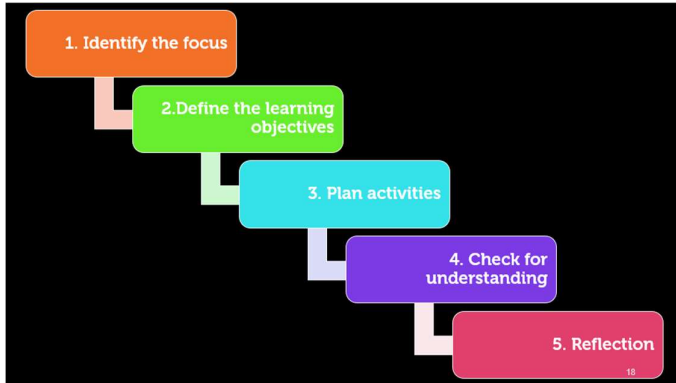
A well-structured lesson plan typically includes the following components:

1. **Objectives:** Clear, measurable goals that describe what students should know or be able to do by the end of the lesson.
2. **Materials and Resources:** A list of tools, texts, and other resources needed to support the lesson.
3. **Content:** The subject matter or topics that will be covered during the lesson.
4. **Instructional Strategies:** Methods and techniques the educator will use to deliver the content and engage students, such as lectures, discussions, hands-on activities, or group work.
5. **Activities:** Specific tasks or exercises that students will complete to practice and apply what they are learning.
6. **Assessment:** Methods for evaluating whether students have met the lesson objectives, which could include quizzes, discussions, projects, or informal checks for understanding.
7. **Timing:** A schedule that outlines the duration of each part of the lesson to ensure the session is well-paced.
8. **Reflection:** After the lesson, teachers often review what worked well and what could be improved for future planning.

10 reasons why it matters:

1. **Clarity** : Lesson planning helps educators clearly define the objectives of the lesson, ensuring that both the teacher and students understand what needs to be accomplished.
2. **Structure** : A well-structured lesson provides a roadmap that guides the learning process, making it easier for students to follow along and stay focused.
3. **Time Management**: Effective lesson planning ensures that the allocated time is used efficiently. By organizing activities and content in advance, educators can avoid spending too much time on one aspect of the lesson, ensuring that all necessary topics are covered.
4. **Customization and Adaptability**: Through planning, educators can tailor lessons to the specific needs, abilities, and learning styles of their students. It also allows them to anticipate potential challenges and prepare strategies to address them, making the learning experience more inclusive and effective.
5. **Match teaching style to learner needs**
6. **Consistency and Progression**: Lesson planning ensures that there is a logical progression from one lesson to the next. This continuity is vital for building on prior knowledge and helping students make connections between different concepts, which enhances their understanding and retention.
7. **Assessment and Feedback**: With a clear plan, educators can incorporate regular assessments and feedback opportunities. This allows them to gauge student understanding throughout the lesson and adjust instruction as needed, ensuring that students are progressing toward the learning objectives.
8. **Confidence and Preparedness**: A well-planned lesson boosts the teacher's confidence, as they are prepared to handle various classroom situations. This preparedness can lead to more effective teaching, as the teacher can focus on delivering the lesson rather than improvising on the spot.
9. **Engagement and Motivation**: Thoughtful planning includes selecting engaging activities and materials that capture students' interest. When students are engaged, they are more motivated to learn, which leads to better outcomes.
10. **Evaluation and Improvement**: Lesson plans provide a record of what was taught, how it was taught, and how students responded. This documentation is valuable for reflecting on the effectiveness of teaching strategies and making improvements for future lessons.

5 Steps to Plan your Day



Step one: IDENTIFY THE FOCUS

Where is your learner at and what do they need?

Step Two: DEFINE THE OVERARCHING LEARNING OBJECTIVE FOR THE DAY

Look at your list and define a SMART goal

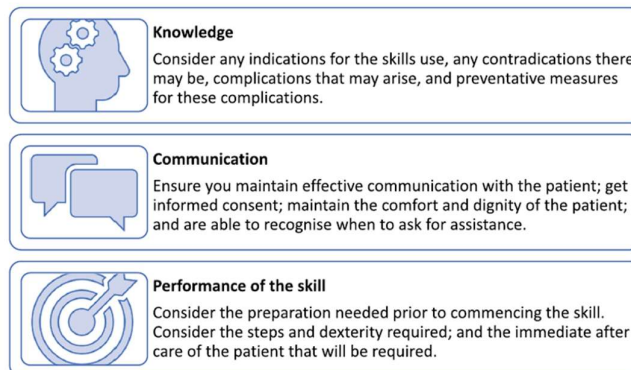
Step Three: PLAN ACTIVITIES

Less is more. Use the Pareto Principle – The Pareto Principle in learning a new skill suggests that 20% of focused practice yields 80% of the results. Prioritise what must be learnt, should be learnt and could be learnt.

How will you fill the dead time?

In ultrasound teaching, particularly the early days of learning a new skill, there is a lot of down-time for the student to watch the tutor. Often this can be aimless and ad-hoc. How can this time be used better to enhance learning?

Learning a new skill involves more than just performing the skill manually.



In step 2 we defined the overarching goal for the training day.

We can break the overarching goal for the day into 3 smaller goals to help create activities that will make productive use of down time.

- 1) What do the students needs to know?
- 2) What do they need to communicate?
- 3) What do the y need to do?

Knowledge activities examples

- Draw and label the anatomy
- Read the protocol and draw the minimum image sequence
- Research a pathology – presentation, clinical signs and symptoms, sonographic findings, find a picture
- Build playdo model
- Research giving bad news
- What blood tests for the presentation
- They don't understand something on request – look it up
- Mechanism of injury
- What patient prep and why

Communication activities examples

- Introduce yourself, ID check and explain the examination
- Finalise the examination
- Role play consent
- Write consent script
- Write a script for giving bad news
- Write a report – use a worksheet as practice so you can check before they enter into viewpoint
- Look up behavioural traits of neurodiverse and strategies to help
- Look up strategies for how to de-escalate aggressive behaviour

Practical activities examples

- Practice covering the probe
- Critique yours / their images
- Clean the machine
- Practice probe dexterity – eg for srl or bpd
- Rehearse the probe moves
- Find the kidney
- Optimise the view of the kidney
- Optimise the image of the kidney
- Document an imaging series of the kidney

Step Four: CHECK FOR UNDERSTANDING

What questions can you ask during the practical session that will check for understanding? How will you know if the learner is getting it?

Step Five: PAUSE AND REFLECT

Reflection is crucial in learning a new skill because it allows individuals to evaluate their experiences, identify areas for improvement, and deepen their understanding, leading to more effective and targeted practice.

<p>3 New ideas</p> <p>2 Ideas to learn more about</p> <p>1 Idea that will make them change</p>	
<p>Clinical Journal</p>  <ul style="list-style-type: none"> Clinical presentation Sonographic appearances Tips and tricks Find an image 	<p>Image review</p> 

Day planner

Learning goal		
Knowledge activities	Communication activities	Practical activities
Assessment questions		
Reflections		