



Lesson Planning & Curriculum Design

INSTRUCTOR / EDUCATOR PROGRAM - Unit 5

Applies to: Instructor / Educator

Suggested time: 3.5 hours (theory and planning practice)

How to use this plan: The lines under "Say" are scripted word for word so every class hears the same information - read them aloud. *Italic in brackets is what you do.* The jade "Teaching move" names the method; the "Students" line is their involvement.

Learning Objectives

By the end of this lesson, students will be able to:

- Write a lesson plan with measurable objectives.
- Identify the parts of a complete lesson plan.
- Sequence content into a logical curriculum.
- Align objectives, instruction, and assessment.

Materials and Equipment

- SGS chapter slide deck, projector, and whiteboard
- Lesson-plan template and a sample SGS lesson plan
- Student-educator workbook

Key Terms

lesson plan, learning objective, measurable verb, curriculum, scaffolding, alignment, assessment, sequencing.

Lesson Sequence

1. Opening Hook - 10 min

Teaching move: A plan is your roadmap.

SAY (read aloud):

Walking into a classroom without a lesson plan is like driving to a new city with no map - you might arrive, but you will waste time and lose people along the way. A good lesson plan is your roadmap: it keeps you on track, on time, and effective. Today we learn to build one. *[Hold up a sample SGS lesson plan.]*

- **Students:** name one thing a lesson plan helps an educator do.

2. Writing Measurable Objectives - 25 min

Teaching move: The foundation of the plan.

SAY (read aloud):

Every plan starts with objectives - what the student will be able to DO by the end. The key is measurable verbs: 'demonstrate,' 'list,' 'perform,' not vague ones like 'understand' or 'know.' You cannot measure 'understand,' but you can measure 'demonstrate a blunt cut.' Write objectives you can actually assess, and everything else flows from them.

- **Students:** turn a vague objective into a measurable one.



3. The Parts of a Lesson Plan - 25 min

Teaching move: The full structure.

SAY (read aloud):

A complete lesson plan has objectives, the materials you need, key terms, a timed sequence of activities using your teaching methods, an assessment, and an assignment. *[Point to the sample.]* Notice how it scripts what you do and how students participate. A plan this clear means any educator can deliver the same quality lesson - exactly the standard we hold.

- **Students:** name three parts of a complete lesson plan.

4. Curriculum and Alignment - 25 min

Teaching move: Sequence and align.

SAY (read aloud):

Lessons live inside a curriculum - the bigger map. You sequence content from foundational to advanced, scaffolding each skill on the last. And the golden rule is alignment: your objectives, your instruction, and your assessment must all match. If you teach one thing and test another, you have failed the student. Teach what you will test; test what you taught.

- **Students:** explain why objectives, instruction, and assessment must align.

5. Activity, Check, and Recap - 40 min

Teaching move: Write a mini plan and recall.

SAY (read aloud):

Using the template, write a mini lesson plan with a measurable objective. Quick check: name a measurable objective verb. *[Pause.]* Demonstrate, list, perform. What must align? *[Pause.]* Objectives, instruction, and assessment. To recap: start with measurable objectives, build the full plan, sequence the curriculum, and keep everything aligned.

- **Students:** complete a mini lesson plan with a measurable objective.

Assessment

- Performance: a mini lesson plan with a measurable objective and aligned assessment.
- Written: quiz on lesson-plan parts and objectives.
- Verbal: participation in the planning activity.

Assignment

Read Lesson Planning & Curriculum Design and complete the workbook. Write a full lesson plan for a topic you will teach.

Instructor Notes and Safety

Use the SGS lesson plans as the model.

Drill measurable objectives and alignment.