



# Instructor Course

## Theory Presentation Sample Lesson Plan

Name:

Course:

Date:

**Outcome:** What do you want the candidate to know?

**IES Method** (Introduce - Engage - Summary)

**Introduction:** What is the group going to learn about? 1 to 2 sentences

**Engage:** What does the group need to do? Give directions and let the group explore and experience the learning activity.

**Summary:** In 1 - 2 sentences, summarize the big picture as to what they should have learned, or have them tell you or each other.

### Teaching Aids

Remember that any theory topic should be engaging and allow for self-discovery. Most people need to see and interact with new information. Below are options for engaging your candidates. Lecturing is the least effective method for candidates to absorb information and is not recommended.

### Get the Group Involved

- **Discover and Share:** For example, give your participants different paddle materials (wood, fiberglass, aluminum) and have them share with the group their findings.
- **Games or Activities:** Creating diagrams in the sand/dirt on shore or pre-course material
- **Stations:** Set up stations with different material in them and ask the group to rotate through each one. Have a piece of paper at each and ask them to write down the key points, highlights, contents, etc.