Unit 302: Supervise and monitor own section

# Sample lesson plan 3

**Course number:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Course title:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Tutor’s name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_ **Time:** \_\_\_\_\_\_\_\_\_\_\_\_\_ **Lesson length:** 8 hours **Room:** \_\_\_\_\_\_\_\_\_\_\_

**Lesson topic:** Managing pressure by solving problems in own section.

|  |  |
| --- | --- |
| **Aims**:   * To gain an understanding of the procedures for reducing personal and operational pressures * To develop an understanding of how to check for personal and operational problems * To demonstrate problem solving techniques in own section. | **Learning outcomes**  To enable learners to understand how to:   * implement procedures for reducing personal and operational pressure * check for potential personal and operational problems * apply problem solving techniques within own section. |

| **Timing (mins)** | **Work to be covered** | **Teaching activity/assessment** | **Learner activity** | **Resources** |
| --- | --- | --- | --- | --- |
| 3 hours | Procedures for reducing personal and operational pressure | Registration.  Facilitate class discussion on way of reducing: - personal pressures - operational pressures.  Introduce **Activity 18** – reducing pressures.  Present PowerPoint 3 on reducing pressures.  Introduce individual part of **Activity 18** on personal strategies for reducing pressure and planning procedures for reducing personal and operational pressures. | Listen and ask questions.  Participate in class discussion.  Complete **Activity 18**.  Share ideas on strategies for reducing pressure.  Contribute to group activities. | PowerPoint presentation 3  Activity 18 |
| 2.5 hours | Personal and operational problems | Facilitate class discussion on checking for personal and operational problems.  Introduce small group **Activity 19** – personal and operational problems.  Introduce individual part of **Activity 19** – managing personal and operational problems. | Listen and ask questions.  Participate in class discussion.  Complete **Activity 19**.  Share ideas on strategies for managing personal and operational problems.  Contribute to group activities. | PowerPoint presentation 3  **Activity 19** |
| 2.5 hours | Problem solving | Present **PowerPoint 3** on problem solving with group discussion points.  Introduce individual part of **Activity 20** – problem solving techniques.  Facilitate sharing of problem- solving techniques from **Activity 20**.  Issue **Handout 7.**  Introduce a group discussion on problems incurred and solutions applied in practical kitchen.  Issue **Worksheet 3.** | Listen and ask questions.  Participate in class discussion.  Complete Activity 20.  Share suggestions on problem solving techniques.  Contribute to group discussion on problems and solution.  Complete **Worksheet 3**.  Read **Handout 7.** | PowerPoint presentation 3  Handout 7  **Activity 20**  **Worksheet 3** |

|  |  |
| --- | --- |
| **How learning is to be measured:**   * Q&A during the session * Completion of **Activities 18–20** and **Worksheet 3**. | |
| **Homework/research work:**   * Review **Worksheet 3** and class notes * Read handout to reinforce learning and understanding of problem solving. * Reflect on problem solving techniques. | |
| **Lesson evaluation** (delete as appropriate) | * Was the lesson better than expected * As expected * Worse than expected |
| **Lesson evaluation/comments:** | |
| **Suggestions/modifications for next lessons:** | |