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.

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| **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.
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| **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 3Activity 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 3Handout 7**Activity 20****Worksheet 3** |

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