

SESSION PLANNING

PLAN

SESSION PLAN

	AIM/OBJECTIVE:	
	CRAFT/EQUIPMENT REQUIRED:	
	SAILING AREA:	
	TIMINGS:	
	SAFETY CONSIDERATIONS:	

PREP

PREPARATION

	DINGHIES:	
	SAFETY BOAT:	
	BUOYS:	
	SPECIALIST EQUIPMENT:	
	OTHER:	

BRIEF

BRIEF (WHO, WHERE, WHAT, WHY, WHEN, HOW)

	SAFETY / SAILING AREA/SIGNALS:	
	AIM:	
	TIMINGS:	
	DEMO/ DIAGRAM / LAND DRILL:	
	OTHER:	

SESSION

SESSION (E.D.I.C.T.)

	SAFETY:	
	GROUP CONTROL:	
	FEEDBACK AFLOAT:	
	SIMPLICITY:	
	AIMS VS. OUTCOME:	

DEBRIEF

DEBRIEF

	TEACHING POINTS:	
	ASK STUDENTS QUESTIONS:	
	RELEVANT FEEDBACK:	
	PROGRESSION:	
	POSITIVE:	