

# Lesson Plan: Length of Lesson -

Plan for Season:	Week	Month	Quarter	Year	Date: __/__/__
1. Define Goal (Season):					Lesson # _____
2. Student Practice Objective(s) (What I want to achieve):					
Common Denominator:					
Relevance local experience:			Audio visual Aid:		
Time:	Teacher Objectives	Student Practice Objectives -Activities Individual, Small Group activities			
	<b>Introduction:</b> <b>Control:</b> <input type="checkbox"/> Call the class to attention <b>Common denominator:</b> <input type="checkbox"/> A common denominator <i>experience</i> <input type="checkbox"/> The common denominator <i>item</i> <b>Relevance local experience:</b>				
	<b>Demonstration:</b> <input type="checkbox"/> Executed in a perfect manner: <input type="checkbox"/> Different angles. <input type="checkbox"/> Emphasize the key elements of the technique <input type="checkbox"/> Ask students if there are any questions <input type="checkbox"/> Restate the objective and its value				
	<b>Practice and Correcting:</b> <input type="checkbox"/> Observe different angles <input type="checkbox"/> Identify their strengths and weaknesses <input type="checkbox"/> Share my observations <b>Correcting the technique/concept:</b> <input type="checkbox"/> Positive Reinforcement <b>Evaluate</b> <input type="checkbox"/> Evaluation of the student performances				
	<b>Practice and Correcting: 2<sup>nd</sup> practice attempt</b> <input type="checkbox"/> Observe from different angles				
	Line up: Summarize Lesson <input type="checkbox"/> Review of key points <input type="checkbox"/> Restatement of relevance <input type="checkbox"/> Ownership <input type="checkbox"/> Continuing education <input type="checkbox"/> Preview next lesson				
Equipment needed for lesson			After Class Talk: Preview Next Lesson/Clinic:		
Self Evaluation of Lesson/Recommendation					

Notes:

## Lesson Plan: Length of Lesson - 15 min

<b>Plan for Season:</b>	<b>Week</b>	<b>Month</b>	<b>Quarter</b>	<b>Year</b>	Date: __/__/__
<b>1. Define Goal (Season):</b> FIRST THROW IN SERIES OF 4 THROWS					Lesson # _____
<b>2. Student Practice Objective(s) (What I want to achieve):</b> LEARN HOW TO DO O-SOTO-GARI					
<b>Common Denominator:</b> FALLING CHAIR - KUZUSHI					
<b>Relevance local experience:</b> LAST WEEK TOURNAMENT - HAYWARD			<b>Audio visual Aid:</b> CHART ON WALL		
Time:	Teacher Objectives	Student Practice Objectives -Activities Individual, Small Group activities			
3 min	<b>Introduction:</b> <b>Control:</b> <input checked="" type="checkbox"/> Call the class to attention <b>Common denominator:</b> <input type="checkbox"/> A common denominator <i>experience</i> <input checked="" type="checkbox"/> The common denominator <i>item</i> <b>Relevance local experience:</b>	<ul style="list-style-type: none"> <li>• Line up</li> <li>• Warm-up – kickout and fall</li> <li>• Shadow drill – osoto</li> <li>• Tai sabaki - rotation</li> <li>• Step forward with right leg then rotate. Make sure lower center of gravity</li> <li>• Introduce – throw, Use chair for demo – Hayward last weekend tour</li> </ul>			
2 min	<b>Demonstration:</b> <input type="checkbox"/> Executed in a perfect manner: <input checked="" type="checkbox"/> Different angles. <input type="checkbox"/> Emphasize the key elements of the technique <input type="checkbox"/> Ask students if there are any questions <input type="checkbox"/> Restate the objective and its value	<ul style="list-style-type: none"> <li>• Demo Osoto gari</li> <li>• Make sure different angles</li> <li>• Key points: kuzushi – step, point, swing</li> <li>• Make sure they line up so I can see</li> <li>• Call out directions to enter</li> <li>• Let them throw on their own with 2 each and switch</li> </ul> <p style="text-align: center;">Call them in: pick out a demo person to check progress and emphasize throw</p> <ul style="list-style-type: none"> <li>• Same drill, switch every two throws</li> <li>• Observe and move about</li> </ul>			
15 min	<b>Practice and Correcting:</b> <input type="checkbox"/> Observe different angles <input type="checkbox"/> Identify their strengths and weaknesses <input type="checkbox"/> Share my observations. <b>Correcting the technique/concept</b> <input type="checkbox"/> Positive Reinforcement <b>Evaluate</b> <input type="checkbox"/> Evaluation of the student performances				
10 min	<b>Practice and Correcting: 2<sup>nd</sup> practice attempt</b> <input type="checkbox"/> Observe from different angles				
2 min	<b>Line up: Summarize Lesson</b> <input type="checkbox"/> Review of key points <input type="checkbox"/> Restatement of relevance <input type="checkbox"/> Ownership <input type="checkbox"/> Continuing education <input type="checkbox"/> Preview next lesson	<ul style="list-style-type: none"> <li>• Kuzushi – step, point and sweep</li> <li>• Easier to score in tournament</li> <li>• In our library we have book on osoto-gari</li> <li>• This weekend clinic by Sensei Roland in Waipahu</li> <li>• Demo – ko-soto</li> </ul>			
<b>Equipment needed for lesson</b>		<b>After Class Talk: Preview Next Lesson/Clinic:</b> Ko-soto-gari			
<b>Self Evaluation of Lesson/Recommendation</b>					

**Notes:**