

Course Name: Bachelor of Physical Education
Year - IInd (Part-1)
Paper Name - Methods of Physical Education
Topic Name - Lesson: Plans
Topic No. - Section - B
Paper No. - IIIrd
Lecture No. - 7

Lecture Title

Lesson Plan Structuring

Summary

A lesson plan is a teacher's detailed description of the course of instruction, or 'learning trajectory' for a lesson. A daily lesson plan is developed by a teacher to guide class learning. Details will vary depending on the preference of the teacher, subject being covered, and the needs of the students. There may be requirements mandated by the school system regarding the plan. A lesson plan is the teacher's guide for running a particular lesson, and it includes the goal (what the students are supposed to learn), how the goal will be reached (the method, procedure) and a way of measuring how well the goal was reached (test, worksheet, homework etc.).