

Stronger, Better, and More Fun Lesson Plans



We want to hear from you!

On your note-card, please write an answer to the following question...

- What drill or activity do kids have the most fun doing at your program?

● Icebreaker Activity

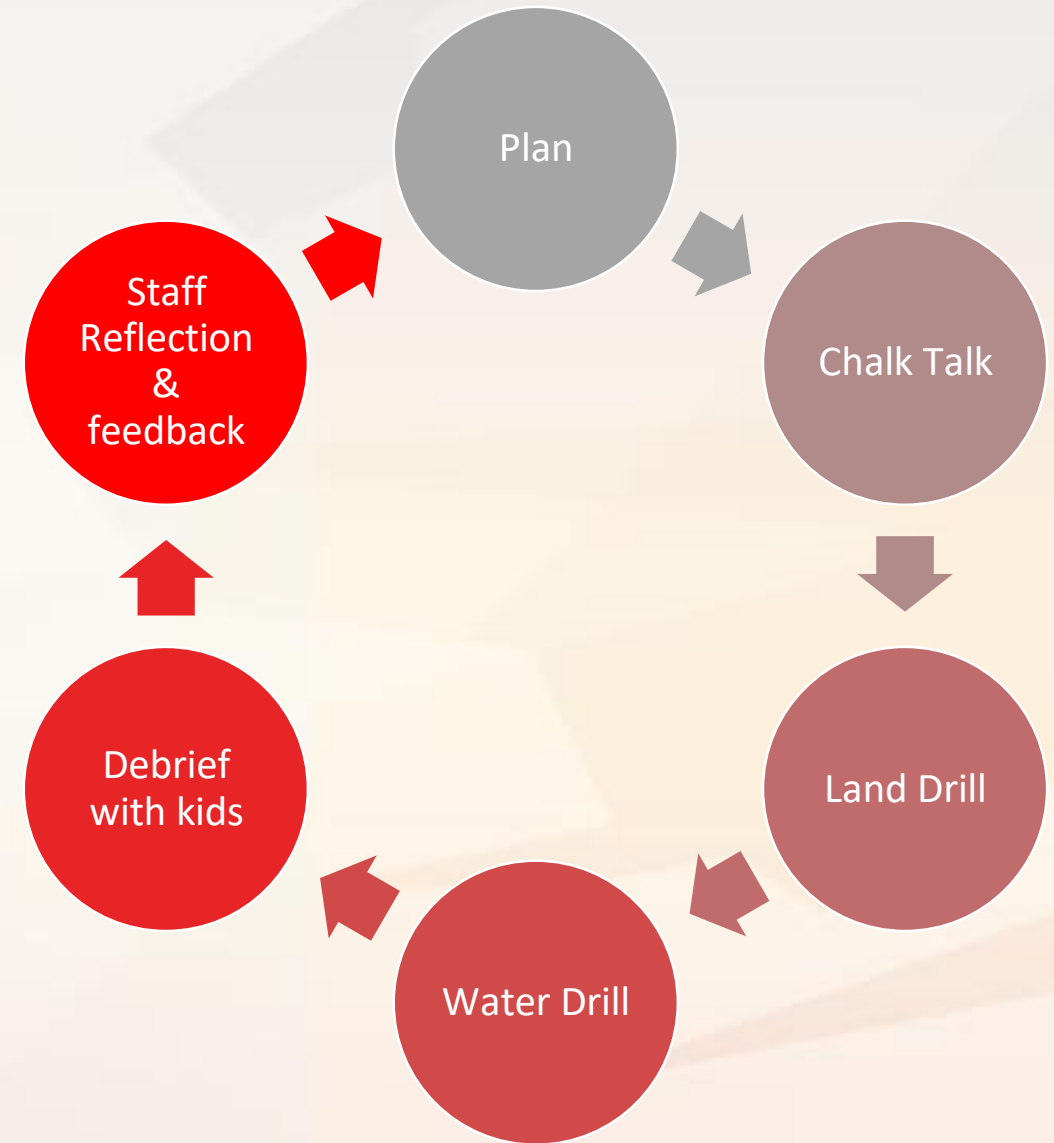
- oIntroduce yourself and what program you're from
- oShare your lesson idea or teaching strategy



The Teaching Cycle

Teach your staff this process to help them improve instruction at every step

- Plan – Build in time for your instructors to plan and prepare at least ½ hour per day of PAID prep time
- Chalk Talk - 10 minutes or less
- Land Drill – reinforces skills or concepts
- Water Drill – Opportunity for sailors to demonstrate skills, instructors make corrections give feedback
- Debrief with kids – ONE big takeaway
- Staff Reflection & Feedback – Ideally ½ hour directly following the lesson of PAID time to debrief and plan for the following day



Lesson Planning Resources

- US Sailing templates - Teaching Fundamentals - p.97
- Skill-Up App
- Teach Sailing the Fun Way!
- Start Sailing Right
- Sailing Drills Made Easy

Lesson Plan: Template Explanation for ICs



Internal Instructor Information

- Instructor(s): list of the instructor(s) teaching the lesson
- Class: age of students; level of class; type of boat
- Duration (total time for lesson): length of the lesson
- Weather: current weather conditions for the day of the lesson

Connecting to Prior Knowledge and Experiences

- What do the students know?
- In which relevant activities have the students already participated?

Objectives/Goals (3-5)

- Use...
- Identify...
- Understand...
- Differentiate...

Student Outcomes: Identify the skills of which the students should show mastery by the end of the lesson. This section directly correlates to the skill in the SkillUp app.

Materials: List the materials (e.g., whiteboard, boat parts for land drills) needed to conduct the chalk talks, land drills and water activity.

Reference Materials (including page(s) and/or chapter(s))

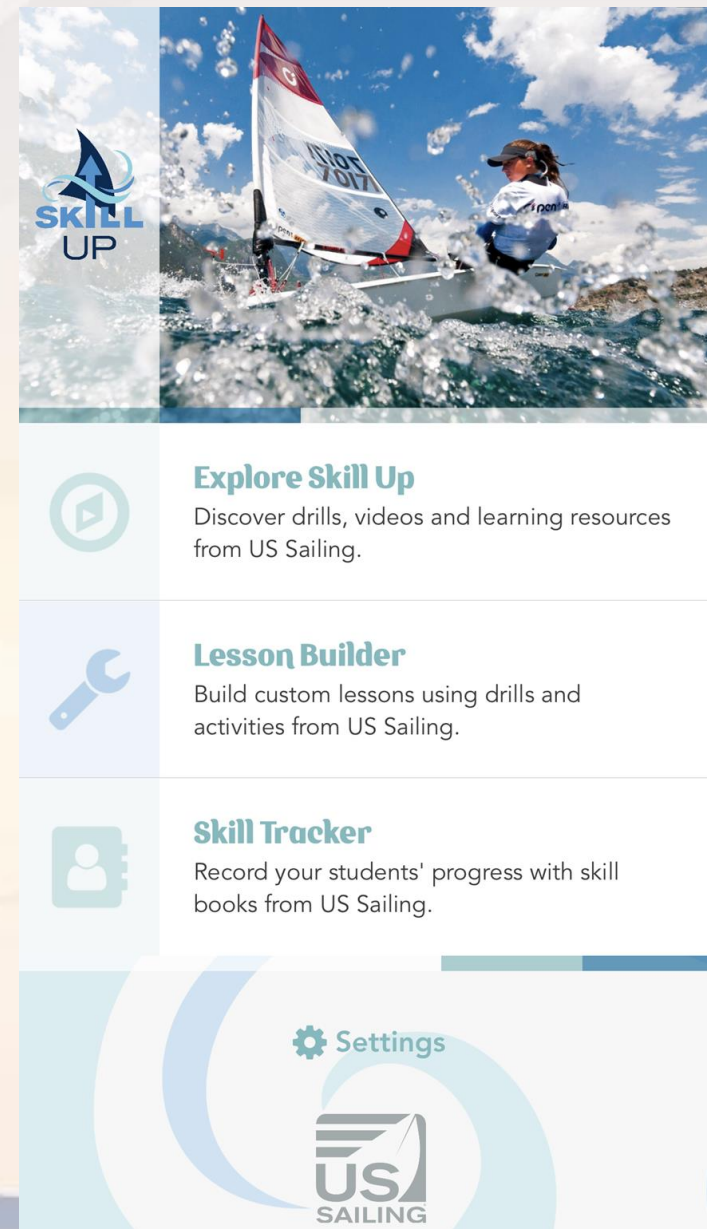
- *Learn Sailing Right: Beginner Sailing* (p. 14)

[US Sailing Lesson Plan Template](#)



US Sailing Skill-Up App

- US Sailing Skill-Up App - Mobile App developed by US Sailing to connect coaches, sailors and parents.
- Core Values: Focus on lifelong sailing, skill development for every sailor, embracing multiple sailing disciplines, fun, age-appropriate learning, well trained sailors and coaches, and building life skills through sailing.



In the App...

Explore



Drills

Drills, games and activities to help kids learn to sail!



Lessons

Ready-made lesson plans.



Videos

Watch videos of skills, drills, and more.



Educational Material

Educational material for sailors, parents, and instructors.

Drills

Skill Up

Favorites

Q Search

All Skill Levels

All Categories - All Skills

Assigned Jibes

Level 1

Level 2

Level 3

Boat-Handling Drills

Jibing



Assigned Tacks

Level 1

Level 2

Level 3

Boat-Handling Drills

Tacking



Backward Race

Level 2

Level 3

Boat-Handling Drills

Getting Out of Ir...



Steering

Boat in a Bag

Sailing Smart

Land Games

Rainy Day Activities



Parts of the Boat

Shipsshape Boat

Box Drill

Level 2

Level 3

Level 4

Starting Drill

Controlling Sp...



Rules of the Road

Lessons

Skill Up

Favorites

Q Search

All Skill Levels

Body Position and Boat Balance

Level 2



Close-Hauled and Upwind Sailing

Level 2



Current and Tides

Level 2



Downwind Sailing

Level 1



How Sailing Works

Level 2



Jibing

Level 1



Jibing Techniques and

Easy-to-use Lesson Planning Tools!



Save

Prams camp - Day 3



Level One - Beginner

Prams Camp

3rd Day of Summer Camp!

Human Knot

Sailing Smart

Level 1

Level 2

Ice Breaker

Rainy Day Activities

Rig in the Middle

Level 1

Level 2

Land Games

Rainy Day Activities

Boat Preparation

Rig and Derig Sails

+ Add Drill

Debrief



Prams camp - Day 3

LEVEL ONE - BEGINNER

Class Name: Prams Camp

NOTES

3rd Day of Summer Camp!

HUMAN KNOT

Number of Boats: 0

Number of Marks: 0

LEVEL 2

SAILING SMART

LEVEL 1

ICE BREAKER

RAINY DAY ACTIVITIES



► READ MORE...

RIG IN THE MIDDLE

Number of Boats: 0

Number of Marks: 0

LEVEL 1

LEVEL 2

RIG AND DERIG SAILS

BOAT

PREPARATION

LAND GAMES

RAINY DAY ACTIVITIES

DESCRIPTIONS

Line up students next to their boats.

On the count of three, one member of each team takes hold of the jib halyard's working end. The other holds the standing end (tail).

When planning a lesson, ask yourself the following...



Do any concepts or skills need review?



Are students ready for a new skill set? Am I utilizing building-block methodology?



Does my lesson plan allow the class to reach goals within allotted time frame?



What needs to be in your chalk talk?

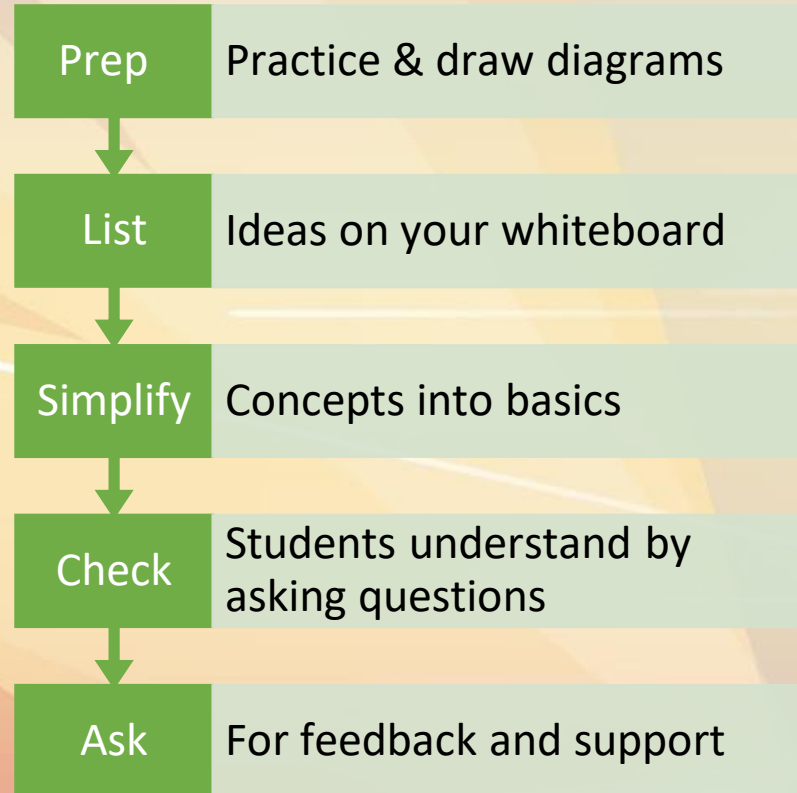


How can you help kids understand what to do on the water while you are on land?



Is your water drill appropriate for the skill level of your class? How can you challenge advanced sailors and support struggling ones?

What Makes a Good Chalk Talk?



What makes a good land drill?

- Safety!
- Having a goal
- Setting boundaries - think herding cats
- Connects directly to chalk talk and water drill
- Requires kinesthetic engagement
- Creates an opportunity to correct misunderstandings in a controlled environment

Ex: docking - Create a model of your dock with line on land and have each sailor attempt docking based on the wind direction



What makes a strong water drill?

- Explain 2+ times on land – chalk talk and land drill
- Make sure sailors have the skills needed to be successful at the drill
- Set buoys up ahead of time, so kids know where to go
- Distance between buoys is your friend – sailing is stressful for many kids so give them the opportunity to go straight for a little while
- Make one whaler the leader until kids get the hang of where to go
- If you want them to hear you – get close and be upwind of them
- Point out kids that are getting it and others will copy them

ex: Ninja docking!



Debrief with Kids

- Should be 3-5 minutes
- Make a point to compliment good things you saw individually or as a group
- Correct any errors in understanding that are shared by the whole group – Keep it to one or two simple things
- Give a brief idea of what to expect tomorrow



Student Feedback

- Build time in for instructors to assess
- Create a system to track progress of sailors
- Create a feedback system for families

Tacoma Yacht Club Junior Sailing Certificate of Completion

is hereby granted to:

Sam Brink

to certify that he has completed all skills

Summer Session Four: Opti Novice Sailing

We recommend you enroll in an **Intermediate** class next year.



Ashley Nelson

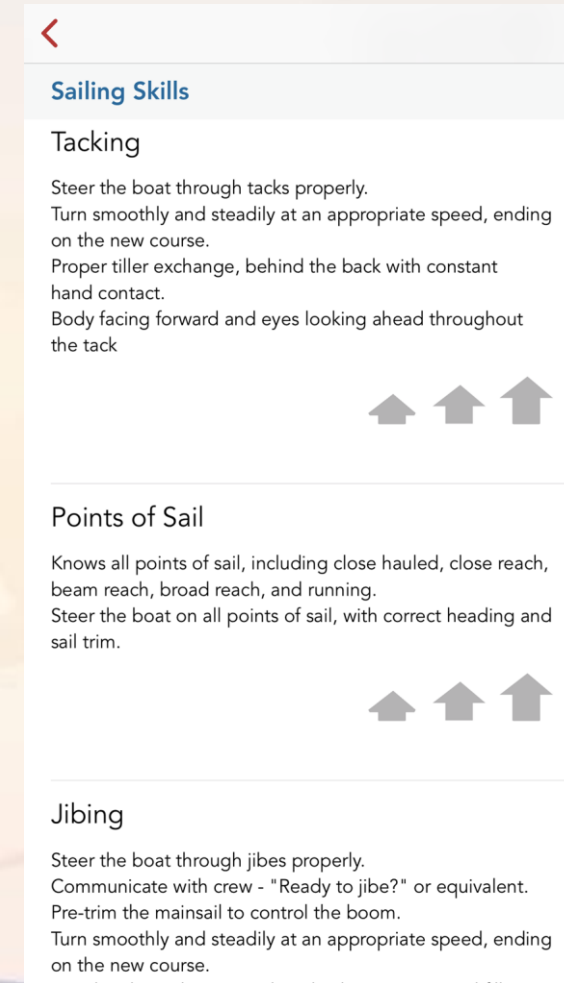
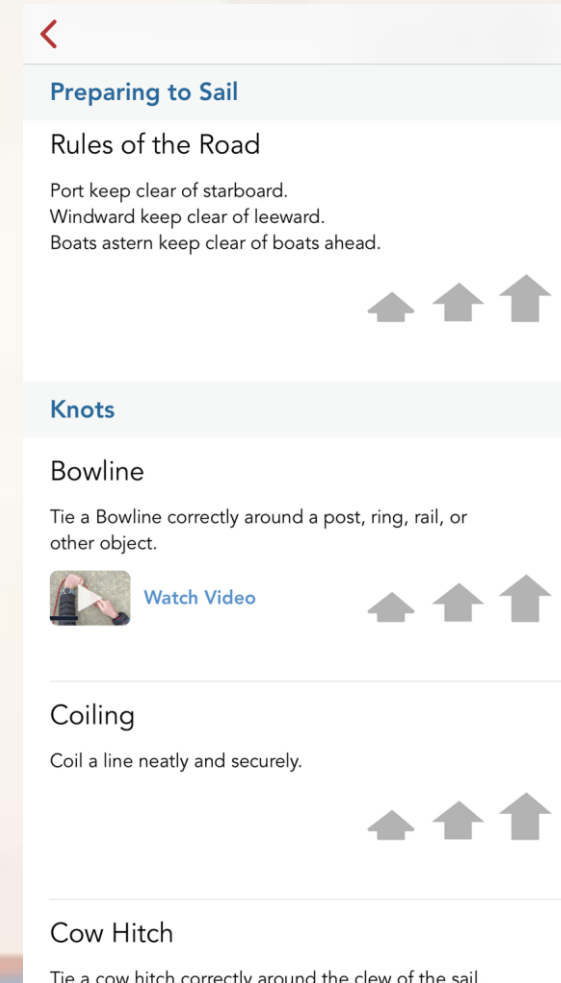
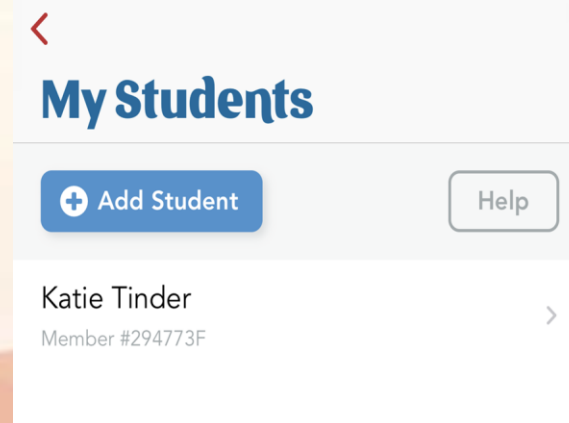
TYC Junior Sailing Director

August 26, 2016

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Student Feedback - Skill Up

- Easily add students who are US Sailing Members to your class list
- Update progress as often as you would like
- Students and parents are able to see their progress on specific skills and overall



Staff Reflection and Feedback

- Staff brief and debrief every day (staff is still on the clock).
- Clear mentorship structure focused on growth, support & teamwork
- Next steps for problems clear ahead of time. What happens if there is a problem you staff can't solve on their own?

What went well?

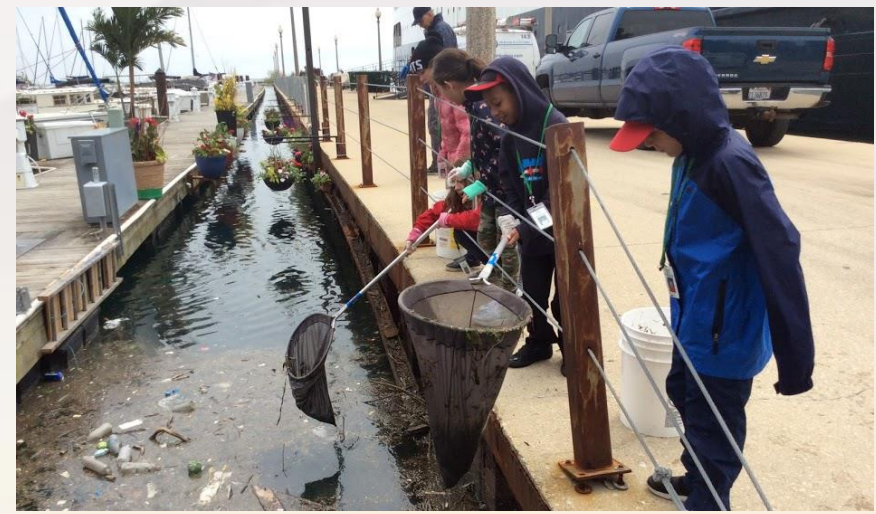
What can we do better next time?

What skills should we revisit again tomorrow?

Are there any kid concerns?
Behavior? Group Dynamics?

What is the plan for tomorrow?

Who will do the chalk talk tomorrow?



Easily add REACH Curriculum to your existing summer camp classes and curriculum!

- The Reach program gives you the how and why behind sailing
- Supplements your existing program by adding STEM to lessons you're already doing
- Provides great activities for stormy or no-wind days



Add Adventure Sailing to your Program!



Youth Keelboat Camp and Adventure Sailing Camps can be great additions to your program

Benefits: retain non-competitive students, prevent burn-out with competitive students, instructors on the boat with students who may be on the tentative side, develop a better comfort with sailing



Integrating partnerships into programming

- Explore community partnerships
- Chicago Maritime Arts Center - Boat building and programming collaboration
- Other Local sailing centers - long distance sailing or overnight trips to other facilities, progressive lunches in partnerships with other organizations
- Local parks district
- Harbor clean-ups - Alliance for the Great Lakes
- Farmers Markets/Ice Cream - destination sails
- Local Aquariums - Shedd Aquarium - Summer free IL resident days, info on local aquaculture



Time to Share out!

- What drill or activity do kids have the most fun doing at your program?

Questions?

IT IS TIME FOR THE **SOCIAL MEDIA MINUTE**

Please take 60-seconds and post one takeaway, picture or thought from this session on a social media platform of your choice and tag

@USSailing

#SailingLeadership



Your Opinion Matters

Please open the **Sailing Leadership Forum app**
and complete the **session survey** found in the
menu bar.

Thank you for attending this session

