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

○ Introduce yourself and what program you’re from
○ Share 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 Skill-Up App

- 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.

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**Drills**

- **Skill Up**
  - 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 it...
  - Steering
  - Boat in a Bag
    - Sailing Smart
    - Land Games
    - Rainy Day Activities
    - Parts of the Boat
    - Shipshape Boat
  - Box Drill
    - Level 2
    - Level 3
    - Level 4
    - Starting Drill
    - Controlling Speed
  - Rules of the Road

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**Lessons**

- **Skill Up**
  - 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!

**Prams camp - Day 3**

Class Name: Prams Camp

**NOTES**

3rd Day of Summer Camp!

**HUMAN KNOT**

Number of Boats: 0

Number of Marks: 0

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?

- **Prep**: Practice & draw diagrams
- **List**: Ideas on your whiteboard
- **Simplify**: Concepts into basics
- **Check**: Students understand by asking questions
- **Ask**: For feedback and support
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

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**Student Feedback Table**

<table>
<thead>
<tr>
<th>Session 1A</th>
<th>Understands and Demonstrates Basic Sail Trim</th>
<th>Demonstrates &quot;S-Turn Gybe&quot;</th>
<th>Uses the &quot;Tiller Hand Exchange&quot; when tacking</th>
<th>Is comfortable using tiller extension and sheeting simultaneously</th>
<th>Can stop their boat using &quot;safety position&quot;</th>
<th>Understands BASIC Right of Way</th>
<th>Treats the equipment with care</th>
<th>Overall Letter Grade</th>
<th>Recommended next class (Novice, or Intermediates)</th>
<th>Comments/Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example 1</td>
<td>x</td>
<td>~</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>A-</td>
<td>Intermediate</td>
<td>first in all instructor cup races, KN</td>
</tr>
<tr>
<td>Example 2</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>A-</td>
<td>Intermediate</td>
<td>Would thrive in an environment of</td>
</tr>
<tr>
<td>Example 3</td>
<td>x</td>
<td>~</td>
<td>~</td>
<td>x</td>
<td>~</td>
<td>x</td>
<td>x</td>
<td>C</td>
<td>Novice</td>
<td>Very distracted and distracting,</td>
</tr>
<tr>
<td>Example 4</td>
<td>x</td>
<td>~</td>
<td>~</td>
<td>~</td>
<td>~</td>
<td>x</td>
<td>x</td>
<td>B+</td>
<td>Novice 420</td>
<td>Spaces out all the time, easily distracted</td>
</tr>
<tr>
<td>Example 5</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>A-</td>
<td>Intermediate</td>
<td>First on pirate day. Really good at</td>
</tr>
<tr>
<td>Example 6</td>
<td>x</td>
<td>~</td>
<td>~</td>
<td>~</td>
<td>~</td>
<td>x</td>
<td>x</td>
<td>D+</td>
<td>Novice</td>
<td>Crazy, very difficult to discipline.</td>
</tr>
</tbody>
</table>

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**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.

August 26, 2016

Ashley Nelson
TYC Junior Sailing Director
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

**My Students**

Katie Tinder
Member #294773F

Preparing to Sail
Rules of the Road
Port keep clear of starboard.
Windward keep clear of leeward.
Boats astern keep clear of boats ahead.

Knots
Bowline
Tie a Bowline correctly around a post, ring, rail, or other object.

Coiling
Coil a line neatly and securely.

Sailing Skills
Tacking
Steer the boat through tacks properly.
Turn smoothly and steadily at an appropriate speed, ending on the new course.
Proper tiller exchange, behind the back with constant hand contact.
Body facing forward and eyes looking ahead throughout the tack.

Points of Sail
Knows all points of sail, including close hauled, close reach, beam reach, broad reach, and running.
Steer the boat on all points of sail, with correct heading and sail trim.

Jibing
Steer the boat through jibes properly.
Communicate with crew - "Ready to jibe?" or equivalent.
Pre-trim the mainsail to control the boom.
Turn smoothly and steadily at an appropriate speed, ending on the new course.
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 their 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?
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