

Lesson Plan 13: Practice Lessons



3.5 hrs max

Lesson Description



In this lesson, participants deliver an existing 10 minute lesson on a WASH topic to practice their training skills and receive feedback.

Learning Outcomes



At the end of this session participants will be able to:

1. Deliver an existing WASH lesson.
2. Reflect on their lesson delivery (strengths and areas in need of improvement).
3. Provide positive and constructive feedback to other trainers.




Materials



- Practice Lessons 1-12 (1 lesson per participant)*
- Materials listed on all *Practice Lessons* (See master materials list and WASH Resources <http://resources.cawst.org/> for any required regional content.)
- Flip chart paper
- Markers
- Tape

Preparation



- Read and prepare lesson plan
- Print *Participant Practice Lessons* if not distributed at end of Day 2
 - Practice Lessons 1-12
- Print lesson plans and materials for all lessons, and attach them to the corresponding lesson
- Write learning outcomes or lesson description on the flip chart
- Review *Trainer Essentials: Giving Effective Feedback*
-  Note: If you are facilitating alone you should have a maximum of 12 participants. If you have more than 12 participants you should have 2 facilitators and for this session divide into two groups. Otherwise, duplicate a select few lessons.
-  Note: If participants are uncomfortable delivering lesson plans, rather than modifying different lesson plans during the second practice session they can use that time to re-deliver their first lesson plan. If they choose this option, they should focus on incorporating feedback received during their first delivery.
-  Note: If possible encourage participants to read *Trainers Essentials: Giving Effective Feedback* prior to this lesson.

Introduction**2 minutes**

1. Ask participants: “Of the four things learners need, which one is required to strengthen knowledge and move through the stages of learning?” *Practice.*
2. Tell participant that they are going to have the opportunity to practice teaching lessons to each other and providing feedback.
3. Present the learning outcomes or lesson description

Setting the stage for the Practice Lessons**30 minutes – 1.5 hours**

1. Tell the participants that each person will be given a 10 minute lesson plan on a WASH related topic to present to their group.
2. Explain to participants that during the lesson they should practice the skills they have learned so far.
3. Select 3 core skills that you would like participants to work on specifically and write them on the flip chart. This will help focus participant’s feedback. *Skills could include:*
 - *Active listening*
 - *Effective questions*
 - *Presentation skills*
 - *Providing clear instructions*
 - *Creating a safe learning environment*
4. Tell the participants they will have 30 minutes to 1 hour to prepare their lesson. After that time, they will present their lesson to their group. Group members should actively participate in each other’s lessons and provide feedback.
5. Tell the participants that they can make assumptions around the level of participants and the context of their lessons. They can decide if their lesson is part of a bigger workshop, if the participants are high or low level, etc.
6. Divide the participants into two groups if you have a large number of participants. For time’s sake, there should be no more than 12 people per group.
7. Give the *Practice Lessons 1-12* to participants. If in two groups, tell the participants to remember their group because they will return to the same groups for *Adapting Lesson Plans* the following day.



8. Provide the participants with at least 30 minutes to prepare their lessons. More than 30 minutes and up to 1 hour may be necessary if they are struggling to finish on time. As they prepare, circulate to answer questions and provide support.

Delivering Practice Lessons**up to 3 hours**

1. Once the participants have prepared their lessons, ask them to meet in the groups.
2. Explain that an important part of the practice lesson is providing feedback to our peers. The goal of this process is not to be perfect, but to learn as much as possible about our strengths and how we can improve.

3. Remind participants of the 3 things they should focus on when providing feedback.
4. Share the following guidelines for providing feedback:
 - **Be Specific:** To improve the learner's competence, the feedback must be very specific, even when it is positive. Learners need to know exactly what they are doing to help or hinder the achievement of their objectives.
 - **Describe your personal experience:** The feedback should describe the experience or feelings of the person offering it. It should consist of clear descriptions, relevant information, and should not contain evaluation or advice. The experience of the behaviour should be expressed using "I" ('When you said..., I thought you were..., and I felt...').
 - **Focus on Behaviour:** Refer to what learners do or say instead of what they are. Focus on behaviours that can be changed, and not on personality traits. Describe observable behaviours, avoid drawing conclusions or ascribing intent.
 - **Avoid Overloading:** The feedback should focus on no more than 2-3 key messages. Prioritize your feedback based on importance and focus on the most important issues.
 - **Acknowledge the positive:** Ensure that you tell participants what they did well, not just what they need to change.
5. Invite the participants to facilitate their lessons. After each lesson:
 - ask the participant who facilitated the lesson to comment on what they did well and what they could improve
 - ask those who participated in the lesson to provide positive and constructive feedback
 - provide your own feedback to participants

Review**10 minutes**

1. After all participants have finished facilitating their lessons, ask them to discuss: "What did you learn from this experience?"
2. Ask the participants to discuss in pairs: "What is one thing you want to work on tomorrow when you practice delivering lessons again during the session on *Adapting Lesson Plans*?"

Reflections on Lesson

