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**POST Basic Academy**

**[*Discipline & Name of Class*]**

**Lesson Plan & Instructor Guide**

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| --- | --- |
| **Instructional Time:**  | This course will take approximately \_\_\_ hours  |
| **Goal:**  |  |
| **Equipment:** |  |
| **Suggested Staff to Student Ratio:**  |  |
| **Items Included in Course Material:**  | List here any handouts, videos (not embedded in PowerPoint), or any additional material needed for students. If there is a handout or video list the name of each handout/video/other accompanying material here. Example:1. Handout Meditative Breathing
2. Handout Stress Management
3. Video Deep Breathing Techniques
 |
| **Performance Objectives:** | Cognitive Objectives1. …

Demonstrative Objectives 1. ….
 |
| **Mode of Instruction:** |  |

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| --- | --- |
| [*Discipline & Name of Class*] Lesson Plan  | **POST Basic Academy** **[*Discipline & Name of Class*]****Class Agenda** |
| 0800 | ***Exp****: Instructor Introduction* *Ice Breaker Activity* *850am First Break* |
| 0900 |  |
| 1000 |  |
| 1100 |  |
| 1200 | ***LUNCH*** |
| 1300 |  |
| 1400 |  |
| 1500 |  |
| 1600 |  |
| 1700 |  |

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|  | **POST Basic Academy** **[*Discipline & Name of Class*]****Course Schedule** |
| **Instruction:** The number in the middle column indicates the Slide # for the accompanying PowerPoint Presentation. For any material not covered in the PowerPoint please simply delete the # out of the middle column.*Enter Instructor Notes here – this section should include all instructions needed to teach this course. Please include STEP BY STEP instructions for all activities, a summary of any videos, instructions, and outcomes for any group discussion etc…please also include general time frames for group discussions and time to complete activities* |  | Lesson plan content should be written in full sentences and include everything you, as the instructor, want to impart on the student. The lesson plan is sectioned out to correspond with the PowerPoint slides. All introductions should start with Instructor Introductions: Name & a brief synopsis of expertise |
| OBJECTIVES  |  |  |
|  |  |  |
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| **Conclusion:**  |  |  |

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| --- | --- |
| **References:**  | *Include Caveats, Trademarks, Copyright, and any other restrictions on materials*  |
| Lesson Plan Originated By: Date of Origination: Revision Date/Author: Revision Date/Author:Revision Date/Author: |