**Lesson Plan**

**PREPERATION**

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| COURSE | New Entry to Cadet |
| SUBJECT | Advancement |
| SYLLABUS REF | NE13 |
| LESSON | Parts of a Boat |
| LESSON FORMAT | Participation |
| NO. OF PERIODS | 1 |
| DURATION | 40 |
| TRAINING AIDS | Rowing boat/name cards |
| PLANNED ACTIVITIES | Name card activity |
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**INTRODUCTION**

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| NAME | It is important at this point to be as approachable and accommodating as possible as this will be the first interaction the cadet has with unit staff or senior cadets |
| SAFETY ASPECTS | As per Unit Policy |
| INTEREST | Familiarisation with useful terms and can be used in all aspects of Cadet life |
| NEED |  |
| OBJECTIVES | By the end of this session participants will be able to:  –Demonstrate an understanding of the basic boat terms to another from memory |

**DEVELOPMENT**

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| KEY POINTS | METHOD |
| Always introduce objectives at  this point | Verbal |
| Teach the following: ahead,  astern, forward, aft, port, starboard,  bow, stern. | Explain why cadets need to know these names. On a flipchart/whiteboard draw a rough sketch of a boat and ask where they think the names should go. When all the name cards are in the correct place, take cadets to a boat (two boats if possible), with the cards attached. Put cadets into teams, and brief that the first team to stick the names in the correct position on the boat is the winner. (If no boat then mock up on main deck) |
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**CONSOLIDATION**

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| SUMMARISE KEY POINTS | Ensure you deliver an overview of the session |

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| PLANNED QUESTIONS | Insert your planned questions here |
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| LOOK FORWARD | Physical Fitness OR as per Training Programme |