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FREE RESOURCE · INSPIRED

Plan your lessons smartly

A lesson plan template, a pre-lesson checklist and tips on giving instructions that students really understand.



InspirED • strengths-based training and coaching
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A good lesson starts with an aim

Before you choose activities, answer the question: “What will students be able to do at the end of this lesson that they couldn’t do at the start?” Only then plan the stages that will get them there.

1 Warm-up	A short task that introduces the topic and gets students active.
2 Lead-in	The context and aim of the lesson – students know what they will learn and why.
3 Presentation	New material presented clearly, with examples and concept checks.
4 Controlled practice	Students use the new material with your support.
5 Freer practice	A more open task in which students use the material on their own.
6 Wrap-up	Revision, feedback and checking whether the lesson aim has been achieved.

Instructions that work

Keep it short, model the task first, then ask instruction-checking questions, e.g. **“Are you working alone or in pairs?”, “How much time do you have?”, “Are you writing or just speaking?”**. The question “Is everything clear?” almost always gets a “Yes” – even when nothing is clear.

printable

My lesson plan

Topic: …… **Class / level:** ……

Aim – by the end of the lesson students will be able to: ……

Stage	Time	Activity and materials	Interaction
Warm-up			
Lead-in			
Presentation			
Controlled practice			
Freer practice			
Wrap-up			

pre-lesson checklist

- [ ] The lesson aim is specific and measurable.
- [ ] The warm-up links to the lesson topic.
- [ ] Students speak and do more than they listen.
- [ ] I have instruction-checking questions ready.
- [ ] I have planned a task for fast finishers.
- [ ] At the end I will check whether the aim has been achieved.

what's next?

Ready to take the next step?

This resource is a good start. If you want to bring about change across your whole team, we can help.

Teaching methodology training →

Six trainings for teachers – from AI in a teacher's work, through lesson planning, to working with students with special educational needs.

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Not sure where to start?

Book a free 30-minute online consultation. We'll talk about your needs and suggest the best first step.

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Book a consultation

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