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Programme : Bachelor of Physical Education

**Course Title: METHODS OF TEACHING IN PHYSICAL
EDUCATION AND EDUCATIONAL TECHNOLOGY**

Course Code : 21BPE22

Unit -III

Lesson Planning and Teaching Innovations

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Principles of Lesson Planning

- **Clarity of Objectives**

The objectives should be specific, measurable, achievable, relevant, and time-bound (SMART). They should guide all aspects of the lesson.

- **Learner-Centered Approach**

The plan should focus on the needs, interests, and abilities of the students, ensuring inclusivity and engagement.

- **Logical Sequence**

Content and activities should be arranged in a logical order, moving from simple to complex or known to unknown concepts.

- **Flexibility**

A good lesson plan should allow for adjustments based on classroom dynamics, unexpected questions, or time constraints.

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- **Use of Varied Methods and Resources**

A mix of teaching methods (lecture, discussion, activity-based) and resources (audio-visual aids, models) keeps lessons dynamic and engaging.

- **Integration of Evaluation**

Evaluation techniques should be built into the lesson to assess whether learning objectives are met.

- **Time Management**

Each activity should be allocated adequate time, ensuring the lesson is neither rushed nor too slow.

- **Relevance to Curriculum**

The lesson should align with the curriculum and broader educational goals to ensure its effectiveness.

- **Adaptability to Technology**

Modern lesson plans should incorporate available technology, such as smart boards or online tools, to enhance learning.

- **Encouragement of Active Participation**

The plan should include opportunities for student interaction, collaboration, and problem-solving.

Micro-teaching

- ✓ Micro-teaching is a teacher training technique designed to enhance teaching skills in a controlled and focused environment.
- ✓ It involves teaching a small segment of a lesson to a small group of peers or students within a limited time, allowing the teacher to concentrate on specific teaching skills or strategies.
- ✓ The focus is on **practicing, observing, and refining** teaching methods, typically in a supportive and constructive setting.
- ✓ It was first introduced by Dwight W. Allen at Stanford University in the 1960s.

Meaning of Simulation Teaching

- Simulation teaching is an instructional technique that replicates real-world scenarios in a controlled and interactive learning environment. It allows learners to apply theoretical knowledge, practice skills, and make decisions in realistic but risk-free conditions.
- This method is widely used in fields like medicine, engineering, business, and teacher education, where practical application and problem-solving are crucial.