



## How To | Design a Lesson Plan

### Introduction:

A strong lesson plan is an essential component of creating efficient and well-designed learning experiences for students. We can view a lesson plan as a detailed outline for how to use time and resources within a class session. There are many versions of lesson plans that exist, from the very structured traditional lesson plan to a more minimal agenda of activities. No matter what type of plan instructors choose to make, creating a lesson plan is instrumental to creating a great organized learning structure for any class. Some great innovative lesson design models are listed below:

- The Madeline Hunter Lesson Plan Model
- Backwards Design Model
- Flipped Classroom Model
- Robert Gagne’s Nine Events of Instruction

In this guide, you will learn how to design a lesson plan based on some of the approaches listed above. In addition to this, the lesson plan examples that are provided will incorporate microlearning and chunking approaches to design learning experiences for students.

### Contents

Introduction: .....	1
Classic Lesson Plan (50 - 60 minutes):.....	2
Enhanced Lesson Plan (2 - 2 ½ hours):.....	3
Block Schedule Lesson Plan (3+ hours):.....	4
Lab-Based Lesson Plan (2+ hours):.....	5
Worksheet: Classic Lesson Plan (50 - 60 minutes).....	6
Worksheet: Enhanced Lesson Plan (2 - 2 ½ hours).....	7
Worksheet: Block Schedule Lesson Plan (3+ hours).....	8
Worksheet: Lab-Based Lesson Plan (2+ hours) .....	9



## Classic Lesson Plan (50 - 60 minutes):

This classic lesson design example is based on the Madeline Hunter Lesson Plan. This plan is a traditional approach to designing lessons with time built in for an anticipatory activity, direct instruction, application of content, assessment, and reflection. It is a classic way of designing a learning experience but may not be suitable for higher level learning experiences. However, it's a great start to designing a traditional lecture-based learning experience.

#	Time	Instruction	Examples of what to do
1	10-15 min	<b>Anticipatory Set</b> Engaging students in the learning event, building on background knowledge	<ul style="list-style-type: none"><li>• Interesting video/comic/joke</li><li>• Icebreaker question</li><li>• Warm-up related to previous lesson-discussion board question</li><li>• Introduce learning objectives/goals</li></ul>
2	15-20 min	<b>Direct Instruction</b> Deliver the instruction	<ul style="list-style-type: none"><li>• PowerPoint lecture/video (15–20-minute chunks)</li><li>• Demonstration</li><li>• Video Lesson</li><li>• Reading article/textbook</li></ul>
3	20-30 min	<b>Application of Content</b> Individual practice, reciprocal learning	<ul style="list-style-type: none"><li>• Group work/Discussion</li><li>• Case-based learning activity</li><li>• Individual learning activity</li><li>• Reciprocal learning</li></ul>
4	15-30 min	<b>Assessment</b> Formative, Summative, Reteaching	<ul style="list-style-type: none"><li>• Formative/Summative assessment of lesson content: quiz, test, exit ticket, check for understanding</li><li>• Can follow up with reteaching of a concept as needed (dd 15 min)</li></ul>
5	10-15 min	<b>Reflection</b> Wrap-up, value of lesson enforced	<ul style="list-style-type: none"><li>• Wrap-up for content</li><li>• Summary of lesson</li><li>• Exit Ticket</li><li>• Questionnaire/Survey</li></ul>



## Enhanced Lesson Plan (2 - 2 ½ hours):

In this sample enhanced lesson plan, the instructional minutes are for a 2-2.5-hour course. In this sample, some of the same components for the classic lesson plan above are included here. However, concepts of microlearning and chunking are kept at the forefront of the planning process for this lesson design. Direct instruction is broken up into smaller chunks of time, occurring at different points during the class session, as is the application of content. Instructors should modify this plan to their needs, keeping in mind that lesson content (such as lectures) should be kept to manageable amounts of time.

#	Time	Instruction	Examples of what to do
1	5-15 min	<b>Anticipatory Set</b>	<ul style="list-style-type: none"> <li>• Interesting video/comic/joke/icebreaker</li> <li>• Introducing learning objectives/goals</li> </ul>
2	15-20 min	<b>Direct Instruction</b>	<ul style="list-style-type: none"> <li>• PowerPoint lecture/video (15–20-minutes)</li> <li>• Reading article/textbook</li> </ul>
3	30-40 min	<b>Application of Content</b>	<ul style="list-style-type: none"> <li>• Group work/Discussion</li> <li>• Case-based learning activity</li> <li>• Reciprocal learning</li> </ul>
4	5- 10 min	<b>Break</b>	<ul style="list-style-type: none"> <li>• <i>Provide a brain break!</i></li> </ul>
5	15-20 min	<b>Direct Instruction</b>	<ul style="list-style-type: none"> <li>• PowerPoint lecture/video lecture</li> <li>• Reading article</li> </ul>
6	30-40 min	<b>Application of Content</b>	<ul style="list-style-type: none"> <li>• Group work</li> <li>• Reciprocal learning</li> </ul>
4	20-30 min	<b>Assessment</b>	<ul style="list-style-type: none"> <li>• Formative/Summative assessment of lesson content: quiz, test, exit ticket,</li> <li>• Can follow up with reteaching of a concept</li> </ul>
5	10-15 min	<b>Reflection</b>	<ul style="list-style-type: none"> <li>• Summary of lesson</li> <li>• Exit Ticket, Questionnaire, Survey</li> </ul>



## Block Schedule Lesson Plan (3+ hours):

The sample lesson plan is designed to be an example of learning activities within a block schedule. As with the other lesson plan examples, you will continue to consider the length of each activity and should opt for microlearning and chunking content. This plan below is customizable to the needs of the instructor. Also, as with all lesson design, instructors should consider their Carnegie hours for each unit of the course when designing a lesson.

#	Time	Instruction	Examples of what to do
1	10-15 min	<b>Anticipatory Set</b>	<ul style="list-style-type: none"><li>• Interesting video/comic/joke/icebreaker</li><li>• Introducing learning objectives/goals</li></ul>
2	15-20 min	<b>Direct Instruction</b>	<ul style="list-style-type: none"><li>• PowerPoint lecture/video (15–20-minute chunk)</li><li>• Demonstration/video lesson/article</li></ul>
3	20-30 min	<b>Application of Content</b>	<ul style="list-style-type: none"><li>• Individual/group learning activity</li><li>• Reciprocal learning</li></ul>
4	5-10 min	<b>Break</b>	<ul style="list-style-type: none"><li>• Provide a brain break!</li></ul>
5	12-20 min	<b>Direct Instruction</b>	<ul style="list-style-type: none"><li>• PowerPoint lecture/video (15–20-minute chunks)</li><li>• Demonstration/video lesson/article</li></ul>
6	20-30 min	<b>Application of Content</b>	<ul style="list-style-type: none"><li>• Individual/group learning activity</li><li>• Reciprocal learning</li></ul>
7	15-30 min	<b>Assessment</b>	<ul style="list-style-type: none"><li>• Formative/Summative assessment of lesson</li><li>• Reteaching of a concept as needed</li></ul>
8	5-10 min	<b>Break</b>	<ul style="list-style-type: none"><li>• Provide a brain break!</li></ul>
9	15-20 min	<b>Direct Instruction</b>	<ul style="list-style-type: none"><li>• PowerPoint lecture/video (15–20-minute chunk)</li><li>• Demonstration/video lesson/article</li></ul>
10	20-30 min	<b>Application of Content</b>	<ul style="list-style-type: none"><li>• Individual/group learning activity</li><li>• Reciprocal learning</li></ul>
11	10-15 min	<b>Reflection</b>	<ul style="list-style-type: none"><li>• Wrap-up for content/Summary of lesson</li><li>• Exit Ticket/Questionnaire/Survey</li></ul>



## Lab-Based Lesson Plan (2+ hours):

Lab-based lesson plans tend to function differently than other traditional lesson designs. However, we can still apply some of the same concepts around microlearning and instructional activities. Below is an example of a possible lesson plan with a lab-based learning experience. Again, the instructor should design the lesson based on their own classroom activities and learner needs.

#	Time	Instruction	Examples of what to do
1	10-15 min	<b>Anticipatory Set</b> Engaging students in the learning event, building on background knowledge	<ul style="list-style-type: none"><li>• Interesting video/comic/joke</li><li>• Icebreaker question</li><li>• Warm-up related to previous lesson-discussion board question</li><li>• Introduce learning objectives/goals</li></ul>
2	20-30 min	<b>Team-based Learning/Lab</b> Individual practice, group work	<ul style="list-style-type: none"><li>• Group work/Discussion</li><li>• Case-based learning activity</li><li>• Individual learning activity</li><li>• Reciprocal learning</li></ul>
4	15-30 min	<b>Assessment/Reflection</b> Formative, Summative, Wrap-up	<ul style="list-style-type: none"><li>• Formative/Summative assessment of lesson content: quiz, test, exit ticket,</li><li>• Exit ticket, survey, wrap-up</li></ul>



## Worksheet: Classic Lesson Plan (50 - 60 minutes)

#	Time	Instruction	Activity
1	10-15 min	<b>Anticipatory Set</b>	•
2	15-20 min	<b>Direct Instruction</b>	•
3	20-30 min	<b>Application of Content</b>	•
4	15-30 min	<b>Assessment</b>	•
5	10-15 min	<b>Reflection</b>	•



## Worksheet: Enhanced Lesson Plan (2 - 2 ½ hours)

#	Time	Instruction	Activity
1	10-15 min		•
2	15-20 min		•
3	30-40 min		•
4	5-10 min		•
5	15-20 min		•
6	30-40 min		•
7	20-30 min		•
8	10-15 min		•



## Worksheet: Block Schedule Lesson Plan (3+ hours)

#	Time	Instruction	Activity
1	10-15 min		•
2	15-20 min		•
3	30-40 min		•
4	15-30 min		•
5	5-10 min		•
6	15-20 min		•
7	30-40 min		•
8	5-10 min		•
9	15-20 min		•
10	30-40 min		•
11	10-15 min		•
12	10-15 min		•





## Worksheet: Lab-Based Lesson Plan (2+ hours)

#	Time	Instruction	Activity
1	10-15 min	<b>Anticipatory Set</b>	•
2	20-30 min	<b>Lab/Team Activity</b>	•
3	15-30 min	<b>Assessment/Reflection</b>	•



## Resources Page

1. **Madeline Hunter Lesson Plan:** <https://thesecondprinciple.com/essential-teaching-skills/models-of-teaching/madeline-hunter-lesson-plan-model/>
2. **The Flipped Classroom Model:** <https://www.facultyfocus.com/articles/blended-flipped-learning/expanding-definition-flipped-learning-environment/>
3. **The 5-E Model:** <https://ngss.sdcoe.net/Evidence-Based-Practices/5E-Model-of-Instruction#:~:text=%E2%80%9CThe%205E%20Model%20of%20Instruction,at%20the%20center%20of%20learning>
4. **Robert Gagne's 9 Events of Instruction:** <https://www.niu.edu/citl/resources/guides/instructional-guide/gagnes-nine-events-of-instruction.shtml>
5. **Microlearning Guide:** <https://elearningindustry.com/what-is-microlearning-benefits-best-practices>