AIT: EDIP Lesson Template

**2014**

Boot Camp & Military Fitness Institute

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| **AIT: EDIP Lesson Template** |

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**[INSERT LESSON TITLE HERE]**

**PART ONE: PRELIMINARIES**

**Background**

You are on the [Course Title] attached to the [Name of Establishment] in [Location].

**Prelims for Self**

1. Whiteboard/Interactive Board: position; and
2. Whiteboard/Interactive Board: stating name, title & objective.

**Prelims for Students**

1. Can they see you clearly?
2. Are they comfortable: Not to hot/cold?
3. Lighting: can they see the whiteboard/interactive board clearly?
4. Seating arrangements: chairs in correct position (4), mine to one side initially.
5. Equipment (Students): ropes placed under chairs, out of way.
6. Equipment (Me): 1 good bowline & 1 bad bowline.

*Caveats*

*Most establishments will utilise ready-made course material for instructors to use, eg.. death by PowerPoint. However, during the AIT course students are encouraged to use other instructional forms and aids.*

*The AIT course is predicated on classroom-based teaching, i.e. indoors, and instructors will be required to adapt the session for outdoor-based classes.*

*This template is based on a 30 minute lesson as conducted on the AIT course. Normal military lessons are 40 minutes in duration with, approximately, 4 minutes preliminaries and introduction, 32 minutes main theme, and 4 minutes consolidation.*

**PART TWO: INTRODUCTION**

**Interest**

You are on QM on the Mexeflote tied alongside the RFA Sir Galahad with wind ripping at a Force Six. You are skiving in the Wendy-hut when you hear a loud snapping sound. You finally go outside and notice that one of the eyes on the lines has parted. Just then another line parts and the bow of the Mexeflote starts turning away from the ship. The wind catches the Mexeflote and carries it towards the stern of the Galahad & parts the rest of the lines; the Mexeflote floats away into the sunset getting battered along the way.

**Need**

*Why does the student need to complete this module?*

The need then is if you knew how make a temporary eye in the line then you could have re-secured the line and thus stopped the Mexeflote from floating away into oblivion. Therefore to that end the title of my lesson is:

**Title**

[Insert Lesson Title Here]

**Objectives**

*Use whiteboard/Interactive Board to visually show objectives*

By the end of this lesson you will be able to:

1. Construct A Bowline.

* Performance: As objective.
* Condition: With equipment provided.
* Standard: Must be neat & presentable as laid down in the Admiralty Manual of Seamanship (show examples)

**Range**

1. Question policy to students is nomination.
2. Questions from students:
   * I will ask for questions from you at certain stages; or
   * If necessary put your hand up to grab my attention if you are not sure about something.
3. Notes policy: As you will be carrying out the task practically.
4. Lesson content: Safety, watch your fingers in the loops when pulling tight – become evident as we carry out the task.

**ANY QUESTIONS**

**Time Limit: 3min**

**PART THREE: DEVELOPMENT**

**Explanation**

We are using a man made rope approximately one metre in length, from which we will be constructing our bowline as shown in this completed example.

**ANY QUESTIONS**

**Demonstration**

1. Optional Demonstration: Carry out a full demonstration at normal speed without commentary & without any Questions.
2. Mandatory Demonstration: Talk about each stage of the construction, point out any relevant areas (including safety).

**ANY QUESTIONS**

**Imitation**

1. Split into stages.
2. Talk about each stage & any Q’s.
3. Get students to imitate.
4. Check work.
5. Carry onto next stage.

**ANY QUESTIONS**

**Practice**

1. Now get students to carry on at their own pace & practice the knot.

**ANY QUESTIONS**

**Time Limit: 24min**

**PART FOUR: CONSOLIDATION**

**Summary**

You now know:

1. How to construct a bowline; and
2. What it can be used for.

**Objectives**

*Use whiteboard/Interactive Board to visually show objectives*

You can now:

1. Construct A Bowline Knot.

**Questions**

1. Get students to construct a bowline.

**ANY QUESTIONS**

**Reference**

1. Admiralty Manual of Seamanship.

**Link**

Look forward to your next lesson which will be how to construct a Reef Knot and what it is used for.

**ANY QUESTIONS ON THE WHOLE OF THE LESSON**

**Time Limit: 3min**

**Total Time: 30min**