

Five Types of Instructional Activities Planning Template

Purpose:

This planning template is designed to help teachers integrate the five types of instructional activities — Learning, Practice, Application, Assessment, and Reflection — into their lesson plans. Rooted in the *Learner-Active, Technology-Infused Classroom* (LATIC) approach developed by Dr. Nancy Sulla, this template ensures a comprehensive and balanced instructional plan that promotes active learning and deeper understanding. It supports the development of well-rounded lesson plans that cater to different learning styles, foster critical thinking, and promote student engagement and success in mastering essential skills and standards.

To learn more about the five types of instructional activities, read [Dr. Sulla's blog post on instructional activities](#).

Additional Tips for New Teachers:

- **Be explicit:** Clearly explain the purpose of each activity and how it connects to the skill/standard.
- **Use examples:** Provide concrete examples or models for each activity type.
- **Flexibility:** Be prepared to adjust activities based on student needs and feedback.
- **Collaboration:** Encourage students to work together and share ideas.
- **Technology integration:** Utilize technology to enhance engagement and understanding.

On the line below, clearly state the skill or standard you want students to master. This will guide all subsequent activities.

Type of Activity:	Objective:	Tools and Resources: List any tools or resources students might need (consider learning styles).	Descriptions: Describe your potential activity.
Learning Activities <i>Students construct understanding.</i>	What do you want students to learn?	(e.g., videos, articles, interactive activities)	
Practice Activities <i>Students practice to strengthen neural pathways and retention.</i>	What do you want students to achieve through practice?	(e.g., worksheets, practice problems, software)	
Application Activities <i>Students apply learning to new situations and deepen their understanding.</i>	What do you want students to demonstrate through application?	(e.g., project guidelines, real-world case studies, simulations)	
Assessment Activities <i>Students assess their understanding and needs.</i>	What do you want students to reflect on or assess?	(e.g., rubrics, checklists, peer review forms)	
Reflection Activities <i>Students reflect on their learning.</i>	What do you want students to consider or understand through reflection?	(e.g., journals, reflection prompts, discussion forums)	