**LESSON PLAN**

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| **Lesson** | Circuits – 2 | **Instructor** |  | **Class/Group** |  |
| **Location** | Maps & Simulation Room | **Date / Time** | / | **Equipment** | Flight Sim |

**INTRODUCTION**

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| **Interest** | To develop your piloting skills in preparation for a Gliding Scholarship in the Viking | |
| **Need** | To learn how to learn how to handle high and low circuits. | |
| **Title** | Circuits – 2 **REF – ACP122 (P45 - 47)** | |
| **Revision** | * Attitudes * Transition * Lookout * Approach | * FRC’s * Co-ordinated Controls * Medium Turns |
| **Objectives** | * By the end of this lesson you will be able to:   + To recognise and handle high and low circuit situations correctly. | |
| **Scope** | This lesson will last 1 hour | |
| **Handouts** |  | |

**DEVELOPMENT**

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| **Content** | **Notes** |
| Flight Simulator Scenario: The simulator should be launched using the Grob G109B Vigilant at an appropriate airfield in a parking spot. | |
| Each exercise should be followed by the cadet(s) practicing that exercise. | |
| **1. Airmanship.** | 5 min. LAI, recognise high and low circuits |
| **2. The High Circuit.** | 5 min. Can be caused by releasing from winch later than normal, thermals, or poor planning. REF Fig.14 |
| **2.a. High Crosswind.** | 5 min. Note height at or above 800ft at end of crosswind leg. Use 270° turn to loose height. |
| **2.b. High Downwind.** | 5 min. Height likely above 700ft opposite launch site.  Use airbrakes to loose height. |
| **3. The Low Circuit.** | 10 min. Recognise that you are in a Low circuit. turn towards middle of base leg. Approach speed by 400ft. Final turn by 250ft. REF Fig.15 |
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**CONSOLIDATION**

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| **Summary**  The cadet(s) have now learnt how to recognise and handle high and low circuit situations correctly. |
| **Test Learning**  Ask a cadet to fly a rectangular circuit, initiate a low or high circuit. |
| **Restate Objectives**  By the end of this lesson you will be able to:   * + To recognise and handle high and low circuit situations correctly. |
| **Student Questions** |
| **Review and Look Forward**  Next lesson: Launch Failures  AIM To land safely following a launch failure. |