**LESSON PLAN**

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| **Lesson** | Circuits | **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 Vigilant | |
| **Need** | To learn how to learn how to fly a normal circuit. | |
| **Title** | Circuits  **REF – FTP 124 (P33 - 35)** | |
| **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 fly a normal circuit. | |
| **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 above an appropriate airfield. | |
| Each exercise should be followed by the cadet(s) practicing that exercise. | |
| **1. Airmanship.** | 5 min. Lookouts, FRC’s Explanation of a circuit. |
| **2.a. Take off.** | 5 min. remind about FRC’s, Lining up, 55kts enter normal climb and trim. |
| **2.b. Level.** | 5 min. 700 ft, select carb air to hot. 750 ft start transition. Turn 180° using 10 – 15 deg of bank. |
| **2.c. Downwind.** | 10 min. select straight & level flight. Check potion of runway in relation to you. Use suitable reference point. REF Fig.14. |
| **2.d. Final Turn.** | 10 min. Lookout. Start 10 – 15 deg bank past end of runway using ARP. Airbrakes to 300ft by ARP. REF Fig.15 |
| **3. Wind Velocity.** | 10 min. with higher wind strength it is necessary to move the ARP closer to the airfield. |

**CONSOLIDATION**

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| **Summary**  The cadet(s) have now learnt how to complete a normal circuit and compensate for wind.. |
| **Test Learning**  Ask a cadet to fly a circuit. |
| **Restate Objectives**  By the end of this lesson you will be able to:   * + To fly a normal circuit. |
| **Student Questions** |
| **Review and Look Forward**  Next lesson: Circuits – (800 ft or 1000 ft Rectangular)  AIM To fly a rectangular circuit. |