

# **Speech and Debate Lesson Plans for 5<sup>th</sup> – 8<sup>th</sup> grades**

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## **Overall Class Goals:**

1. Develop and improve critical thinking skills
2. Develop and improve research skills
3. Develop skills in structured argument
4. Learn how to develop a thesis statement and counterpoints.
5. Learn effective skills for rebuttal
6. Increase verbal communication skills and active listening skills
7. Increase confidence and portrayal of confident posture and physicality
8. Improve reading comprehension
9. Improve writing skills
10. Further develop multi tasking and organizational skills

## **Lesson One:**

### **A) Entrances and Exits**

#### **The Goals:**

Whether you have an audience of only one, or an audience of thousands of people, your entrance is the first step of your performance, and your exit is the last step. When you enter the stage, or the room, or wherever your performance space may be, you want to do so with confidence. Even if you feel some nervousness try to present yourself as proud and confident from the very first moment you are seen, to the last moment. Stand tall and proud, with your head up and your shoulders back. Make eye contact with your audience. Walk at a nice, even, medium pace. Try not to scurry quickly as this sort of moment can make you appear less confident.

#### **The Practice:**

As you go about your daily life at home practice Confident Entrances and Exits each time you enter the room and leave a room. Enter a room in a way that feels proud and powerful. Hey why stop there! DO it when you enter and exit cars, grocery stores, and anywhere else you go.

See how often people smile or seem very interested in what you have to say. You may find your confidence brings lots of smiles to your life.

Have Fun!

