

ROPES Lesson Plan Format

ROPES is an acronym describing the five components of a lesson plan: Review, Overview, Presentation, Exercise, and Summary. The following describes each of these components within the context of a session delivered by facilitators to participants. During review, facilitators explore participants' background knowledge to create a transition from past learning to the concept they plan to introduce. The overview of the new concept is an opportunity to inform participants of the plan for the session, because adults may be more receptive to learning when they are familiar with plans and expectations (Knowles, 1980). The facilitator then presents the lesson or the new concept that is the heart of the session. After the presentation, participants engage in exercise activities that amplify the new concept. Participants are more likely to transfer their learning to other situations if the exercise activity is realistic. And, finally, the lesson is summarized to reinforce the learning that has occurred. This part includes reflection, questioning, and/or review of information presented.