

Session	Topic	Learning Objective(s)	Lesson Activities	Resources
Course: Hairdressing Unit: Perming Teacher: To be confirmed Duration: 4 weeks Sessions per week: 3 Session length: Approximately 75 minutes	Week 1, Session 1 Introduction to perming: purpose, history and salon relevance	Identify what a perm is, explain why clients may request one, and describe how perming has evolved from early thermal methods to modern chemical services.	0–10 mins: Register, outline lesson aims, link to prior knowledge of chemical services. 10–25 mins: Teacher presentation on perming purpose, semi-permanent result, and salon uses. Clarify British terminology and client-facing language. 25–40 mins: Short historical input on the evolution of perming; learners create a brief timeline in pairs. 40–60 mins: Class discussion: where perming sits within a modern salon menu and what clients might want from the service. 60–70 mins: Quick written check: define perming and list two benefits. 70–75 mins: Plenary, recap key vocabulary, set retrieval quiz for next lesson.	Whiteboard, slides, images of perming results, timeline template, learner notebooks, pen, mini whiteboards.
Week 1, Session 2	Hair structure, chemistry and the science of bond breaking	Describe the structure of hair, identify the role of keratin and bonds, and explain in simple terms how perming alters the hair	0–10 mins: Starter quiz from previous session.	Hair structure diagram, slides, glossary sheet, mini whiteboards, worksheets,

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		shape.	10–30 mins: Teacher-led explanation of hair structure, with emphasis on keratin and chemical bonds. 30–45 mins: Learners label a hair diagram and match key terms to definitions. 45–60 mins: Demonstration using a visual analogy for bond breaking and reforming; teacher checks understanding through questioning. 60–70 mins: Learners complete a short written explanation of what the perm solution does to hair. 70–75 mins: Plenary and self-assessment against success criteria.	coloured pens.
Week 1, Session 3	Consultation, contraindications and hair suitability assessment	Carry out a basic consultation, identify key contraindications, and decide whether a client is suitable for perming.	0–10 mins: Retrieval practice on hair structure. 10–25 mins: Teacher introduces consultation sequence: hair type, chemical history, desired result, scalp	Consultation forms, case studies, contraindication chart, sample client records, highlighters, projector.

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			and hair condition. 25–45 mins: Case-study activity using client records; learners identify safe, cautious and unsuitable clients. 45–60 mins: Demonstration of how to discuss contraindications professionally and sensitively. 60–70 mins: Learners complete a consultation checklist and justify a suitability decision in writing. 70–75 mins: Plenary with verbal feedback and teacher recap of safety priorities.	
Week 2, Session 4	Preparation for perming: hair prep, tools, products and client protection	List the correct preparation steps before perming and explain why each step is essential for even processing and client safety.	0–15 mins: Starter recap of contraindications. 15–30 mins: Teacher input on clarifying shampoo, detangling, avoiding conditioner/oils, and towel-drying to even dampness. 30–45 mins: Tool-and-product sorting	Tool kit, rods, end papers, cotton wool, cape, towel, barrier cream, product images, checklist handout.