

Session	Topic	Learning Objective(s)	Lesson Activities	Resources
Week 1	Introduction to gel nails, treatment overview, health and safety, and professional expectations	By the end of the session, learners will be able to: explain what a gel nail treatment is; identify the main purposes of gel products; describe key health and safety requirements; outline therapist preparation before the client arrives; and recognise the importance of manufacturer instructions.	Teacher-led introduction using images and sample products for 15 minutes. Guided discussion of treatment purposes and the role of UV/LED lamps for 15 minutes. Health and safety matching activity in pairs for 15 minutes. Demonstration of correct set-up, including hand hygiene, work surface preparation, ventilation and product checks, for 15 minutes. Plenary quiz and written exit check for 15 minutes. Teacher should reinforce salon standards, safe working practices and the importance of following product instructions at all times.	Presentation slides, sample gel products, UV/LED lamp, health and safety handout, workstation checklist, whiteboard, quiz cards.
Week 2	Consultation, client care, contra-indications and contra-actions	By the end of the session, learners will be able to: carry out a structured consultation; identify contra-indications that prevent or restrict treatment; explain common contra-actions and the appropriate therapist response; and record relevant client information accurately and professionally.	Starter recap of prior learning for 10 minutes. Teacher demonstration of a model consultation using a client card for 20 minutes. Group analysis of contra-indications and sorting activity into prevent/restrict categories for 20 minutes. Scenario-based discussion of contra-actions and safe responses for 15 minutes. Completion of a mock consultation sheet and feedback from the teacher for 10 minutes. Teacher should emphasise confidentiality, client comfort, accurate questioning, and the need to stop or adapt treatment where necessary.	Client record cards, consultation forms, contra-indication scenarios, contra-action reference sheet, pens, clipboards, slides.
Week 3	Nail anatomy, nail assessment, shaping and selecting suitable nail shapes	By the end of the session, learners will be able to: assess the natural nail and surrounding skin; choose a suitable gel nail shape based on nail condition and client needs; demonstrate accurate filing for a range of common shapes; and explain how shape choice affects wearability and maintenance.	Teacher-led explanation of nail assessment points for 10 minutes. Demonstration of filing techniques and shaping rules for 20 minutes. Guided practical activity where learners practise filing on practice tips or mannequin hands for 25 minutes. Peer review using shape comparison cards for 10 minutes. Teacher observation, correction and oral questioning throughout. Finish with a short written reflection on suitable shapes for different client	Nail charts, practice tips, mannequin hands, nail files, buffers, shape guide sheets, assessment checklist, images of nail shapes.