

Course Title:

Hairdressing (Further Education)

Unit/Area:

Cutting Fundamentals

Scheme of Learning Title:

One Length Cut Scheme of Learning

Teacher Name:

Duration:

4 weeks

Sessions per week:

3

Session length:

Approximately 75 minutes

Target learners:

Further Education, Level 2

Focus:

One-length cutting at 0° elevation, client preparation, consultation, sectioning, safety, tool control, hair texture adaptation, troubleshooting, assessment and refinement.

Session	Topic	Learning Objective(s)	Lesson Activities	Resources
Week 1, Session 1	Introduction to cutting fundamentals and the purpose of the one-length cut	By the end of the session, learners will: • Describe why cutting technique matters in hairdressing. • Identify the key characteristics of a one-length cut. • Recognise the relationship between 0° elevation, natural fall and solid form.	0–10 mins: Tutor welcome, attendance, outline of the 4-week learning journey and expected standards for Level 2 professional practice. 10–25 mins: Tutor-led explanation of cutting fundamentals: lines, graduation, layering and texturising, with emphasis on where one-length cutting sits within the broader cutting framework. 25–40 mins: Guided discussion: what makes a one-length cut suitable for blunt bobs and structured shapes; learners annotate examples and identify where the weight sits. 40–55 mins: Visual demonstration using mannequin head or diagrams to show 0° elevation, natural fall and perimeter weight. 55–70 mins: Pair activity: learners explain the difference	Whiteboard or slides, handouts with key terminology, annotated diagrams, mannequin head, scissors for display, comb, learner notebooks, projector.

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			between one-length cutting and layering in their own words; tutor circulates and corrects misconceptions. 70–75 mins: Exit check: short oral questioning or quick quiz on terminology and 0° elevation.	
Week 1, Session 2	Consultation, client preparation and contraindications	By the end of the session, learners will: • Carry out a basic client consultation for a one-length cut. • Identify key contraindications and when to modify or stop service. • Prepare the client and work area safely and professionally.	0–10 mins: Recap quiz from Session 1 to reinforce terminology. 10–25 mins: Tutor input on consultation priorities: desired length, suitability, growth patterns, natural fall, lifestyle and maintenance expectations. 25–40 mins: Detailed explanation of contraindications including open cuts, scalp infections, severe irritation, recent surgery, extreme sensitivity and client refusal. 40–55 mins: Demonstration of client preparation: gowning, towel placement, scalp check, posture check, dampening hair evenly and ensuring head	Consultation cards, scenario prompts, gown and towel, water spray bottle, mirror, hair clips, learner checklist, whiteboard.