

30b Passive Stretches: Technique Demo and Practice – Upper Body

Lesson Plan

<u>Minutes</u>	<u>Activity</u>
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20	Transition
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Break Announce the return time and write it on the board.

75	Attendance and Reminders Display the reminders slide.
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Receivers Undressing and Givers Stretching

First Trade

20	Reset the tables for the next session
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Break Announce the return time and write it on the board.

75	Receivers Undressing and Givers Stretching See above for details.
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Second Trade Refer to first trade for details.

20 **Tables undressed, cleaned, and put away**

Circle up Review the “Reminders” for upcoming classes.

3h 30m **Total Class Time**

Learning Outcomes

- **Class Level**
 - Students learn the principles and benefits of incorporating passive stretches into Swedish massage.
 - Incorporating and practicing both upper and lower body passive stretches.

Class Schedule – Student Preparation

- Packet F: 75-76.

Class Schedule – Assignments and Exams

- Students begin working on assignment 43a- Swedish Outside Massages.
Packet A: 57-62

Topic Focus

- To become familiar enough with Passive stretches for the upper body and to be able to improve their skills by practicing it at home.
- Incorporating and practicing both upper and lower body passive stretches.

Thoughts, Advice, or Warnings

- Be clear and insistent from the beginning about moving slowly and gently, not quickly when stretching and to support joints that might feel venerable to hyperextension.