Send the lesson plan in both **Word and PDF formats** to [welcome@art-of-motion.com](mailto:welcome@art-of-motion.com)

|  |  |
| --- | --- |
| First + Last Name |  |
| Date |  |

## 60-Minute Slings Lesson Plan

|  |  |  |  |
| --- | --- | --- | --- |
| Target Audience |  | | |
| Class Size |  | | |
| Skill Level  (Beginner, Intermediate, Advanced) |  | | |
| Theme of Lesson (exercise selection reflects theme) |  | | |
| General or Specific Training Aims (Slings Training Aims or Other) | 1.  2.  3. | | |
| Props Incorporated (optional) | Yes | No | Massage Ball (1 or 2) |
| Yes | No | Massage Dome (1 or 2) |
| Yes | No | Trigger Ball (1 or 2) |
| Yes | No | Kneeling Pad |
| Yes | No | Other: |

## Lesson Criteria

These criteria must be considered in your lesson planning.

|  |  |
| --- | --- |
| Timeframe | 60 minutes |
| Number of Main Exercises | 10 -14 |
| Slings in Motion Repertoire | 90% of the lesson content |
| Movement Diversity | Movement for the whole body is included  All myofascial meridians are considered  A variety of myofascial qualities are deliberately utilized |
| Sequencing of Lesson | Functional and balanced |
| 8 Teaching Principles | The first 6 of the 8 Teaching Principles should be represented within the lesson plan. They should be used as a guideline for your lesson planning and are described in the Slings Essentials Book PART 3 |

## Building Blocks of the Lesson

To assist you in structuring your Slings lesson and assist us in understanding your thoughts, we have created 2 options of templates or building blocks. You will need to use these blocks to outline your plan. The first building block template (Individual Exercise) allows for a complete description of your main exercises. The other building block (Repeated Exercise or Exercise Sequence) is used to indicate exercises that are repeated (for example a reoccurring Roll Down or the second side of a unilateral exercise). Ultimately, we want every part of the lesson included.

* Copy each box as often as necessary to describe all the exercises you want to include in your lesson plan.
* Naturally, you decide in which order the blocks need to be arranged.
* Do not change the structure of the template; for example, do not delete boxes (i.e., Assessor column).
* Do not use abbreviations.

### Individual Exercise Template

Number: Number the exercises at the top left of the box.

Main Exercise Name: Always write the main exercise name no matter if your target is the main exercise or a variation.

For example: Foot Awakening & Massage

Exercise Variation(s): If you choose variation(s) mention the exact name of the variation(s).

For example: Foot Awakening with Massage Ball, Nourishing Foot Massage with Massage Ball

Prop(s): Name mandatory and optional props if applicable.

For example: Massage Ball

Applied Slings Myofascial List 2 techniques specific to this exercise or variation(s).

Training Techniques: For example: massaging, hydrating

Applied Slings Myofascial List 2 aims specific to this exercise or variation(s).

Training Aims: For example: tissue nourishment, adaptability

Transition Note: If you use a transition exercise(s) note the exercise name(s).

### Individual Exercise

|  |  |  |
| --- | --- | --- |
| Nr: 1 | EXERCISE | Assessor |
| Main Exercise Name |  |  |
| Exercise Variation(s) |  |  |
| Prop(s) |  |  |
| 2 Applied Slings Myofascial Training Techniques |  |  |
|  |  |
| 2 Applied Slings Myofascial Training Aims |  |  |
|  |  |
| Transition Note *(optional)* |  |  |
| Note by Assessor |  | |

### Repeated Individual Exercise or Exercise Sequence

An already described exercise does not need to be described again unless it serves a different purpose than before. Just note the exercise name.

|  |  |
| --- | --- |
| INDIVIDUAL EXERCISE(S) ALREADY DESCRIBED | |
| Exercise Name |  |
| Exercise Name |  |
| Transition Note (optional) |  |

## Title of your Slings Lesson