

Sample Lesson Plan

Chapter 19: Relaxation

Objectives: The students will

19.1 Explain the benefits of knowing how to relax yourself

19.2 Describe four relaxation techniques

19.3 Select a technique that works for you and practice it daily

19.4 Demonstrate improvement in your ability to relax

Day 1:

<u>Phase</u>	<u>Time</u>	<u>Teacher will</u>	<u>Students will</u>	<u>Materials</u>
Ant. Set	5 min	Play the scene from <i>Mulan</i> in which Mulan first arrives to the army camp and gets in a fight with one of the soldiers. Watch until the scene when the large soldier relaxes the short soldier with a relaxing chant	watch	DVD/VHS of <i>Mulan</i> Player and TV
Input	10-15 min	Input the content from Ch. 19 *Why does Relaxation Matter? *The Relaxation Response *Different Techniques	Take notes OR Read Ch. 19 and take notes	Notebook Maybe textbook
Discuss	5 min	The importance of staying relaxed The perils of being tense	discuss	
Assess	5 min	Through class discussion, informally assess Obj. 19.1	discuss	
Practice	30 min	Hand out a Bio-dot to each student Use the color guide (comes with bio-dots) to assess their current tension level Explain that you will be practicing a different relaxation technique each day for 4 days Have students lay on the floor and do Progressive Muscle Relaxation Option 1-read the script yourself Option 2- you could download the audio of the script from the website and play it through the speakers	Lay comfortably on the floor with the lights off Follow the instructions for PMR	Pre-purchase a supply of Bio-Dots from www.wholeperson.com Copy of the script (p. 167 in book or printable PDF from www.SportPsychSchool.com) OR Downloaded MP3 or WAV audio file of the same script to be played through computer speakers
		After the relaxation exercise, re-assess their tension level using bio-dots and the color guide		
Homework		Students will pick their favorite relaxation technique, make a recording of themselves performing the script and use it to practice their own relaxation		Copies of Project 19 Students will need access to a computer with a microphone and speakers OR some other means of creating a recording

Day 2-4: in-class practice of different technique each day

Day 2: Quiz 19

Project 19 can be done in class, take students to a computer lab supplied with speakers and microphones for each computer OR have them complete this project at home and move onto to Ch. 20.