



TECHNOLOGY AND LIVELIHOOD EDUCATION

FCS - HEALTH AND WELLNESS MASSAGE

Grade 9 or 10

**Three-Term Budget Of Work (BOW)
for Learning Competencies**

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FCS

Grade 9 and Grade 10

Three-Term Budget Of Work For Learning Competencies

Please note that each sector under TLE: FCS is studied for one term. This is applicable under Grades 9 and 10.

Term	
Sector	Health and Wellness Massage
Performance Standard	The learners perform wellness massage service following the safety precautions. The learners perform care and support to infants and toddlers without special needs.
Content Standard	• Demonstrate an understanding of the concepts and principles of providing wellness massage services. • Demonstrate an understanding of the concepts and principles of providing care and support to newborns, infants, and toddlers without special needs. • demonstrate an understanding of providing care and support to newborns, infants, and toddlers without special needs.
Week	Learning Competency
1	• Discuss the origin of wellness and its services.
2	• Explain the health benefits of wellness massage.
3	• Determine the workplace requirements and policies for a wellness facility.

4	Discuss the different types of massage.		
5	Discuss the pre-massage services.		
6	Apply the steps in providing wellness massage with safety precautions.		
7	Discuss the concepts and principles in caregiving.		
8	Discuss workplace policy and procedures in providing care to clientele.		
9	Explain the procedures for providing care and support to clientele.		
10	Apply the appropriate caregiving procedures to newborns, infants, and toddlers without special needs.		
<table border="1"> <tr> <td style="vertical-align: top; width: 25%;">Suggested Activities</td><td> Wellness Massage Practice and Service Preparation Activity - Learn the origins, types, and benefits of wellness massage and will perform a basic wellness massage while following proper workplace requirements and safety precautions. Basic Caregiving for Young Children Activity - Learn the concepts, principles, and workplace procedures in caregiving and will apply appropriate caregiving techniques for newborns, infants, and toddlers without special needs. </td></tr> </table>		Suggested Activities	Wellness Massage Practice and Service Preparation Activity - Learn the origins, types, and benefits of wellness massage and will perform a basic wellness massage while following proper workplace requirements and safety precautions. Basic Caregiving for Young Children Activity - Learn the concepts, principles, and workplace procedures in caregiving and will apply appropriate caregiving techniques for newborns, infants, and toddlers without special needs.
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