

Unit 6 Programming Pilates matwork
 Unit accreditation number: H/602/5325
 Class plan

GUIDANCE NOTES FOR PLANNING

Nice video for general Prep inspiration! <https://www.youtube.com/watch?v=3btd5-C2RX0> This includes Pilates Squats at 8.03

Overall objective/s of class	This will be informed by your group profile		
Class phase	<i>Preparation Breathing • Concentration • Postural alignment • Mobilisation • Activation of the core</i>	Timing (in minutes)	10
Objective of phase			

Exercise and purpose	Instructions and teaching points	Pilates principles and fundamentals	Adaptation or modification	Medium term progression after six weeks	Longer term progression after twenty weeks
Standing posture – to teach alignment and finding neutral Imagery cues could be tipping a bucket of water for pelvic rocks	Align from the feet up-weight even – ASIS level – pelvic rocks to find neutral – ribs anchored – scapulae slightly retracted – chin slightly in – stand tall	Focus on Fundamentals of Alignment, Breathing and Centring ... releasing tension and bringing the mind ‘inwards’ using breath as a focus. Keep movements smooth and controlled	Can be done lying if clients need ‘feedback’ from the floor	Postural set up still required but less coaching and more focus on the specifics of the fundamentals. Refining the set up and introducing precision	Postural set up still required but less coaching & more focus on the specifics of the fundamentals. Could revisit initial posture assessment to check for changes. Add in some dynamic arm movement to challenge core strength/stability and staying in neutral
<p>(Note: Pelvic Rocking is a lying supine prep exercise –there would be an argument for claiming pelvic rocking in posture set up as one of your exercises – but in this example plan I have identified more “individual” exercises. You could definitely transition to the floor in the final stages of Prep and perform supine pelvic rocking as one of your required exercises. This web site might help: http://www.merrithew.com/stott-pilates/warmup/en/principles/pelvic-placement. Please note that this site reflects the Stott approach to the Principles</p>					

<p>EXERCISE 1: Arm floats for shoulder mobility into chicken wings to assist scapular awareness and control PLUS ability to stay spinally aligned</p> <p>Frontal plane</p>	<p>More “traditional” TPs here along with H&S points</p>	<p>Include breath patterns here and focus on relevant Principles</p>			
<p>More Scapular Prep exercises can be found here: http://www.merrithew.com/stott-pilates/warmup/en/principles/shoulder-stability . Some could be modified for delivery in a standing position... or again you could include seated and supine versions as you transition to the floor after your Prep standing work</p>					
<p>EXERCISE 2: Standing roll down</p> <p>To articulate and mobilise the spine in the sagittal plane</p>		<p>Breathe in to prepare – exhale and nod the chin – move through flexion bone by bone. Imagine peeling your spine away from a wall</p>	<p>Bent knees to accommodate hamstring tightness</p>		<p>I found this video and interestingly he talks about using roll down in prep and close as a comparison – just as we did in our session. He refers to the “B” line which is his term for the Braced Core. https://www.youtube.com/watch?v=T5bUK9hnl5E</p>
<p>SIDE BENDS Mobility for the spine in the frontal plane</p>	<p>Bend to the R and L supporting body weight hand on thigh</p>	<p>Breathe in at the centre point – exhale and flex over to the side – knitting the ribs together and feeling length through the torso. Flow from side to side – lightly bracing the core to maintain balance</p>	<p>Arm float to lengthen the lever whilst retaining hand support if required</p>	<p>Removing arm to thigh support</p>	<p>Bring in dynamic lower body e.g. lunge forward with lateral flexion – or side lunge with lateral flexion</p>
<p>RUSSIAN TWISTS Mobility for the spine in the transverse plane</p>					

TRANSITION: Pilates curtsey to seated preparing for Roll down prep	Hold the arms lightly in Russian Style – place one leg behind the other (can be on toes) – gently bend at the knee to lower	Focus here is on control of the movement – to get flow and a graceful transition to the floor	Clients can simply find their own way to the floor – still focusing on control		
EXERCISE 3 : Roll Down Prep To help the class find their core connection and abdominal brace. Also to find their C Spine Sagittal Plane					

This is a nice video of a roll down prep – she starts from the floor (supine)
<https://www.youtube.com/watch?v=zTqCd39YcbE>

Class phase	MAIN 6 exercises – all planes – 3 start positions – balanced 'holistic'	Timing (in minutes)	
Objective of phase			

Exercise and purpose	Instructions and teaching points	Pilates principles and fundamentals	Adaptation or modification	Medium term progression after six weeks	Longer term progression after twenty weeks
EXERCISE 1: Single Toe Taps – finding an effective	Keep knee aligned over hips	Breathe in to the lower ribs (or armpits depending on your choice of cue)etc etc Focus would be on	Option to keep a leg grounded. Coming into abdominal prep curl will	Singles leading to Double Toe Taps	Would be using Toe Taps more as a Prep exercise to

<p>abdominal brace to maintain neutral spine whilst moving legs. <i>10-15 on each side</i></p> <p>Sagittal Plane Position 1 : Supine Table Top</p>	<p>Spine in neutral etc etc ... more TPs here</p>	<p>maintaining a strong core connection to ensure the back remains 'safe' and in neutral. The breath pattern can help with this – assisting the brace. Client needs to be precise in their movement to ensure it is effective and should try to co-ordinate movement with breath so there is a flow and grace to the exercise.</p>	<p>assist spinal imprint. Could offer head support to assist alignment and imprinting</p>	<p>with arm floats</p>	<p>lead into more challenging work such as Wide Knee Taps to Hanging Hold to Leg Extension</p>
<p>TRANSITION Roll up to seated – assists in finding C curve and control – can be repeated if required</p>	<p>Keep chin tucked in and spine in a C curve</p>	<p>Inhale on the roll down – keep an effective brace</p>	<p>Arm support to assist roll up</p>		
<p>EXERCISE 2: The Saw Purpose is to mobilise the spine through rotation and flexion. Focus is on correct alignment of feet, knees and hips <i>6-8 reps</i></p> <p>Transverse Plane Position 2 : Seated in Straddle</p>	<div data-bbox="622 839 1357 932" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Video of The Saw with modifications https://www.youtube.com/watch?v=1XcU-WsTcaU</p> </div>				
<p>EXERCISE 3 Side lying leg lifts</p>					

<p>Purpose is to stabilise the body in side lying using the core. This exercise will also challenge strength by lifting the leg against gravity</p> <p>Frontal Plane Position 3 : Side Lying</p>		<p>Pilates on Fifth teaching leg lifts https://www.youtube.com/watch?v=PHWLa2r4fEg</p>			
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In the above examples for Main I have achieved all 3 planes and used 3 different start positions. I have suggested reps – add these for each exercise so as to assist you with time planning.

In my remaining 3 – 5 exercises I would of course include some Prone exercises to achieve a balanced workout.

I have addressed Principles and Fundamentals (you would need to add all that apply) and included an exercises that address the following to ensure the workout is ‘whole body’ and holistic in approach (i.e. not just core strength)

- Scapular stability – Toe taps would do this – as would Leg Circles and Shoulder Bridge
 - Trunk stability – Toe taps and if I was to include Prone Swimming this would cover trunk stability
 - Pelvic stability – Leg Circles, Shoulder Bridge (just as examples – there are others)
 - Spine mobility – Saw – Roll Up
 - Shoulder and hip mobility – Leg Circles and also adding arm floats to an exercise
 - Strength – open to interpretation – push up for sure.
- Can also consider including some exercises that are “energising” and some that are more relaxed in their approach

Remember this plan is a guide and you would need to fully complete all sections using your own exercises and your own words! It is a good idea to note the exercises you want to ‘count’ as exercises and also to note the planes and start positions to you can easily see that you have met the requirements.

Class phase	Close Stretching / mobilisation • Balance • Relaxation and consolidation	Timing (in minutes)	10
Objective of phase			

Exercise and purpose	Instructions and teaching points	Pilates principles and fundamentals	Adaptation or modification	Medium term progression After six weeks	Longer term progression After twenty weeks
TRANSITION From Single leg circles remain supine and align ready for Scissors					
EXERCISE 1 Pilates Scissors To mobilise the hips and dynamically lengthen the hamstrings Supine and working in the Sagittal plane			Can offer a static developmental stretch		
EXERCISE 2 Knee Drops To mobilise the spine and stretch the obliques Holding for 15 seconds Supine and working in the Transverse plane	Start in semi supine crook knee. Drop knees to one side, rotating the spine as far is comfortable. Keep the shoulder blades on the floor. Arms lightly anchoring the body.	Inhale to prepare. Exhale into stretch position. Maintain relaxed breathing in stretch. Return to centre on an exhale maintaining flow and control. Repeat to other side. Visualise the vertebrae opening and the spine lengthening.			
TRANSITION to seated – from a knee to chest					

tuck allow momentum to assist a “ball” roll up					
EXERCISE 2 Spine Stretch	https://www.youtube.com/watch?v=IHmq4CalFE				
5 reps with holds Seated and working in the Sagittal plane					
Bring legs together for cross legged or cobbler pose.	Place hands on knees	Focus on a relaxed and regular breathing pattern. Let the body go heavy in to the floor. Close eyes and focus inwards and reward the body for its achievements in class.	The spine can round if preferred		
Position for relaxation					
Transition from cross legged to side lying					
EXERCISE 3 SIDE LYING OPEN DOOR 5 reps each side Spinal mobility but focus on the shoulder stretch					
Side Lying and working in the Transverse plane					
TRANSITION TO STANDING					
FINISH WITH VARIOUS STANDING EXERCISES	<p>I would add some floating side bends for lateral flexion – something for balance such as standing knee floats – something energising to counteract the relaxation – find a point to talk about consolidation – reflect on what they have learnt.</p> <p>End with posture check and maybe something through which the class can compare how they were at the start and how they are/feel at the end.</p>				

Then if you were delivering this for an exam you would be going into your feedback section.

Remember to look at the teaching assessment grid as well which, for example, requires you to:

Use a variety of communication methods to reinforce and correct technique (Tactile cueing, Visualisation, Question and answer/ Verbal and visual communication/Mirroring)

I would therefore be working my visualisation cues into the planning document – this will help you find your pilates ‘voice’.

Cues such as ‘puddle’ flow’ ‘float’

Bicycle chain – pearl buttons on a cardigan – wringing out a tea towel – dipping your toes into warm water/soft sand – patting a puppy’s head

Other ideas

Stand tall and keep the shoulders and neck relaxed with no tension in the upper back or neck areas: *“Imagine your spine has water flowing up through it and out of the top and your head is floating effortlessly on top of the water”*

“As you inhale, let your breath will find the tense spots. Collect this tension and release it as you exhale”

“Imagine your lungs are balloons being pumped up and down by a gentle slow pump. Inhale the air until the balloon is full, then exhale and release all the air, deflating the balloon”.

Floating arms up to the side to perform spine twist: *“Imagine your arms are like the wings, slowly being opened in preparation for flight. Raise them slowly while extending them out, keeping the shoulders down to keep the neck long.*