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

**Class plan**

**Your name Date of submission**

**Please also consider adding for each exercise the Starting Position – Plane of movement – imagery cues. Clearly indicate what you are claiming as your Pilates exercises. Also indicate your Transitions.**

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| **Overall objective/s of class** |  | | |
| **Class phase** | PREPARATION | **Timing**  **(in minutes)** |  |
| **Objective of phase** |  | | |

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| **Exercise and purpose (+ start position and Plane)** | **Instructions and teaching points (and visual imagery cues)** | **Pilates principles and fundamentals** | **Adaptation or modification** | **Medium term progression after six weeks** | **Longer term progression after twenty weeks** |
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| **Class phase** | **Main** | **Timing**  **(in minutes)** |  |
| **Objective of phase** |  | | |

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| **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** |
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| **Class phase** | Close | **Timing**  **(in minutes)** |  |
| **Objective of phase** |  | | |

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| **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** |
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