**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.**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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**  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Class phase**  | **Main** | **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**  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Class phase**  | Close | **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**  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |