

PLANNING NOTES – NB NOT ALL SECTIONS ARE FULLY COMPLETED – THIS IS JUST TO PROVIDE SOME IDEAS.

Class phase	<i>Preparation Principles • ABC • Concentration • Mobility and Flow • Posture • Precision • Balance</i>	Timing (in minutes)	10-15
Objective of phase			

Exercise and purpose + reps	Instructions, teaching points + imagery	Pilates principles and fundamentals	Adaptation or modification	Medium term progression after six weeks	Longer term progression after twenty weeks
<p>Standing posture – to teach alignment and finding neutral Imagery cues could be tipping a bucket of water for pelvic rocks x 6</p>	<p>Align from the feet up- weight even – ASIS level – pelvic rocks to find neutral – ribs anchored – scapulae slightly retracted – chin slightly in – stand tall – imagine a golden thread lifting you tall to the sky</p>	<p>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</p>	<p>Can be done lying if clients need 'feedback' from the floor</p>	<p>Postural set up still required but less coaching and more focus on the specifics of the fundamentals. Refining the set up and introducing precision</p>	<p>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>
<p>(Note: Pelvic Rocking is also a lying supine prep exercise – but in this example plan I have used it in standing as part of posture check. You could transition to the floor in the final stages of Prep and perform supine pelvic rocking as one of your prep 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 8 reps 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 easily 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>Standing Leg brushing or point and circle – for balance and control</p>	<p>Fundamental set up – energise one leg – point and semi-circle to the rear. Brush through and repeat. Draw the letter D</p>		<p>Foot can stay connected to the floor</p>		
<p>Standing roll down 5-6 reps 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 he talks about using roll down in prep and close as a comparison. He refers to the “B” line which is his term for the Braced Core. https://www.youtube.com/watch?v=T5bUK9hnI5E</p>	
<p>SIDE BENDS Mobility for the spine in the frontal plane 6-8 reps</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 bottom ribs together and feeling length through the torso. Flow from side to side – lightly bracing the core to maintain balance</p>	<p>Can be done seated with floor support if needed.</p>	<p>Arm float to lengthen the lever whilst retaining hand support if required</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 6-8 reps</p>					
<p>TRANSITION: Pilates curtsey to seated preparing for Roll down prep</p>	<p>Hold the arms lightly in Russian Style – place one leg behind the other (can be on toes) – gently bend at the knee to lower</p>	<p>Focus here is on control of the movement – to get flow and a graceful transition to the floor</p>	<p>Clients can simply find their own way to the floor – still focusing on control</p>		
<p>Roll Down Prep for Roll Up</p> <p>To help the class find their core connection and abdominal brace. Also to find their C Spine 10 reps total (first 3 rehearsal)</p> <p>Sagittal Plane</p>	<p>This is a nice video of a roll down prep – she starts from the floor (supine) https://www.youtube.com/watch?v=zTqCd39YcbE</p>				

Class phase	MAIN 6 exercises – all planes – variety of start positions – balanced 'holistic'	Timing (in minutes)	Approx. 30 – 40 depending on prep and close duration
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
<p>EXERCISE 1: Single Toe Taps – finding an effective abdominal brace to maintain neutral spine whilst moving legs. 10-15 on each side</p> <p><i>Sagittal Plane</i> Position 1 : Supine Table Top</p> <p>Ideally include 4 start positions in Main</p>	<p>Keep knee aligned over hips Spine in neutral etc etc ... more TPs here</p>	<p>Breathe in to the lower ribs (or armpits depending on your choice of cue) etc Focus would be on 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>Option to keep a leg grounded. Coming into abdominal prep curl will assist spinal imprint.</p> <p>Could offer head support to assist alignment and imprinting</p>	<p>Singles leading to Double Toe Taps with arm floats</p>	<p>Would be using Toe Taps more as a Prep exercise to 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>		

Here is a clip of the Pilates on Fifth girls teaching Toe Taps:
<https://www.youtube.com/watch?v=hInfZBQwPaA>

<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 6-8+ reps <i>Transverse Plane</i> Position 2 : Seated in Straddle</p>		<p>Video of The Saw with modifications https://www.youtube.com/watch?v=1XcU-WsTcaU</p>			
<p>EXERCISE 3 Side lying leg lifts Purpose is to stabilise the body in side lying using the core. This exercise will also challenge strength by lifting the leg against gravity <i>Frontal Plane</i> Position 3 : Side Lying</p>		<p>Pilates on Fifth is a really nice resource on You Tube.</p> <p>Pilates on Fifth teaching leg lifts https://www.youtube.com/watch?v=PHWLa2r4fEg</p>			
<p>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 exercises I would include some Prone work to achieve a balanced workout.</p> <p>I have addressed some Principles and Fundamentals (you would need to add all that apply) and include an exercises that address the following to ensure the workout is ‘whole body’ and holistic in approach (i.e. not just core strength)</p>					

Scapular stability – Leg Circles and Shoulder Bridge
 Trunk stability – Toe taps, Shoulder Bridge and if I was to include Prone Swimming this would cover trunk stability
 Pelvic stability – Leg Circles, Shoulder Bridge (just as examples – there are lots of others)
 Spine mobility – Saw – Roll Up
 Shoulder and hip mobility – Leg Circles and also adding arm floats to any suitable exercise
 Strength – open to interpretation –Push Up (Press Up) for sure or anything in plank. I would claim Bridge as strength work.
 Can also consider including some exercises that are “energising” and some that are more relaxing in their approach

Remember this plan is a guide and you would need to fully complete all sections -- selecting 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 assessment requirements.

Class phase	Close Stretching / mobilisation • Relaxation and consolidation - home care advice	Timing (in minutes)	10-15
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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
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			Can offer a static developmental stretch		

<p>Supine and working in the Sagittal plane</p>					
<p>EXERCISE 2 Knee Drops</p> <p>To mobilise the spine and stretch the obliques Holding for 15 seconds Supine and working in the Transverse plane</p>	<p>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.</p>	<p>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 moving and the spine lengthening.</p>			
<p>TRANSITION to seated – from a knee to chest tuck allow momentum to assist a “ball” roll up</p>					
<p>EXERCISE 2 Spine Stretch</p> <p>5 reps with holds Seated and working in the Sagittal plane</p>	<p>https://www.youtube.com/watch?v=IHmq4Ca1FE</p>				
<p>Bring legs together for cross legged or cobbler pose.</p> <p>Position for relaxation</p>	<p>Place hands on knees</p>	<p>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.</p>	<p>The spine can round if preferred</p>		
<p>Transition from cross legged to side lying</p> <p>EXERCISE 3 SIDE LYING OPEN DOOR 5 reps each side Spinal mobility but focus on the shoulder stretch</p>					

<p>Side Lying and working in the Transverse plane</p>					
<p>TRANSITION TO STANDING</p>	<p>Ensure feet move to assist venous return and to avoid blood pooling.</p>				
<p>FINISH WITH VARIOUS STANDING EXERCISES</p>	<p>I would add some floating side bends for lateral flexion — 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> <p>Then if you were delivering this for an exam you would be going into your feedback section. Offer home workout advice.</p> <p>Remember to look at the teaching and planning assessment grid as well to ensure you cover all requirements</p> <p>In your teach, include visual cues such as ‘puddle’ ‘flow’ ‘float’</p> <p>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</p> <p>Other ideas – but remember that sometimes words or images can be triggers – such as fear or water etc.</p> <p>Stand tall and keep the shoulders and neck relaxed with no tension in the upper back or neck areas: <i>“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”</i></p> <p><i>“As you inhale, let your breath find the tense spots. Collect this tension and release it as you exhale”</i></p> <p><i>“Imagine your lungs are balloons being inflated by a gentle slow pump. Inhale the air until the balloon is full, then exhale and release all the air, deflating the balloon”.</i></p> <p>Floating arms up to the side to perform spine twist: <i>“Imagine your arms are like wings, slowly being opened in preparation for flight. Raise them slowly while extending them out, keeping the shoulders down to keep the neck long.</i></p>				