**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. If you can also add an image of your exercise that can be helpful but is not mandatory. Consider using colour coding too as this can help break up the plan – e.g. blue for the start position, green for plane of movement – purple for a transition**

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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 (+ 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**  | Close | **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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