**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**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Exercise and purpose (+ start position and Plane + image)** | **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**  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |