

BODY&SPORT

PILATES
AND CIRCUIT

WARM UP

WARM UP

COOL DOWN

SESSION 1

FULL BODY STRETCH

Move the body,
stretch the body
and breathe deeply.
Release tension within
the mind and body.
Improve coordination
and concentration.

SESSION 2

CONCENTRATION

Move the body,
stretch the body
and breathe deeply.
Release tension within
the mind and body.
Improve co ordination
and concentration.

SESSION 3

RELAXATION

Move the body,
stretch the body
and breathe deeply.
Release tension within
the mind and body.
Understanding of
relaxation techniques
for when life gets
stressful. Improve
co ordination and
concentration.



4. PILATES AND CIRCUIT



STAFF

1 teacher

DURATION OF THE SESSION

15 minutes

EQUIPMENT

mats and music

1 BASKETBALL

2 CORE STABILITY AND
BODY BALANCE

3 DODGEBALL

5 QUICK PICK

WARM UP

Mobilise the joints, relax the mind and prepare the body for movement



15 minutes

WARM UP

Focus on deep breathing. In through the nose and out through the mouth. Deep breathes inflating all the lungs and lifting the diaphragm. Explain that shallow breathing isn't good for clearing and using the lungs correctly.



- ① Dropping the ear to the shoulder, slowly from left to right.

⌚ 8 times each side



- ⑤ Squatting 10 times. Knees don't go over toes. Heals stay down when standing back up.



- ⑨ Balance on one leg and bring the other leg behind you for 3 seconds and in front of you for 3 seconds.

⌚ 3 times each side



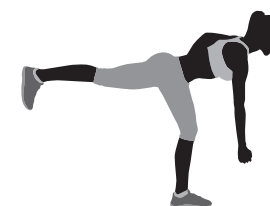
- ② Hands on the shoulders make circles with the elbows as big as possible.

⌚ 8 each way



- ⑥ Standing straight, lift the body up onto the toes and rocking back onto heel. Bring arms up into the air. Hold for 3 seconds.

⌚ 5 lunges each side



- ⑩ Balance on one leg and touch the floor with the same hand as leg in the air.

⌚ 6 times each side



- ③ Swinging the arms all the way around forwards and backwards.

⌚ 8 times each way



- ⑦ Squatting and lifting onto the toes x 8. Bring arms up into the air.



- ④ Side stretching. Feet shoulder width apart.

⌚ 4 times each side



- ⑧ Balance on one leg for 10 seconds, then change.

⌚ 3 times each side

BODY&SPORT

PILATES
AND CIRCUIT

COOL DOWN

WARM UP

COOL DOWN

SESSION 1

FULL BODY STRETCH

Move the body,
stretch the body
and breathe deeply.
Release tension within
the mind and body.
Improve coordination
and concentration.

SESSION 2

CONCENTRATION

Move the body,
stretch the body
and breathe deeply.
Release tension within
the mind and body.
Improve co ordination
and concentration.

SESSION 3

RELAXATION

Move the body,
stretch the body
and breathe deeply.
Release tension within
the mind and body.
Understanding of
relaxation techniques
for when life gets
stressful. Improve
co ordination and
concentration.



4. PILATES AND CIRCUIT



STAFF

1 teacher

DURATION OF THE SESSION

15 minutes

EQUIPMENT

mats, music
and tennis balls

1 BASKETBALL

2 CORE STABILITY AND
BODY BALANCE

3 DODGEBALL

5 QUICK PICK

COOL DOWN

Stretch off and bring the body to a resting state



15 minutes

COOL DOWN



① Child pose- on hands and knees drop back onto heels arms stretched out in front. Hold for 30 seconds.



⑤ When standing stretch arms above head and lift on to toes. Do 3 times and hold for 3 plus seconds.

Repeat 3 times



⑨ Give out a tennis ball. The tennis ball is rolled around the major muscle groups to help break up any tightness. Can be used under feet, on calves, hamstring, quads, glutes, triceps, biceps and deltoids spend 1 minute on each muscles. Talk about why we are doing this and where participants feel tightness.



② Hands onto floor push up into downward dog arms and legs straight, bottom in the air. Hold for 20 seconds.



⑥ Full stretch up and do side bends, hold 5 seconds each side.

Repeat 3 times each side



③ Walk hands into feet, then Feet into hands Hold for 10 seconds x 4.



⑦ Full stretch, swing arms in the air sweep arms down as you squat and lift back up.

Repeat 3 times each side



④ Very slowly lift up to standing position, head comes up last, so you don't get dizzy.



⑧ Balance onto one leg. Bring foot onto the side of supporting leg. Hold for as long as possible. Change sides.

Repeat 2 times on each side

BODYESPORT

PILATES
AND CIRCUIT

SESSION 1

WARM UP

COOL DOWN

SESSION 1

FULL BODY STRETCH

Move the body,
stretch the body
and breathe deeply.
Release tension within
the mind and body.
Improve coordination
and concentration.

SESSION 2

CONCENTRATION

Move the body,
stretch the body
and breathe deeply.
Release tension within
the mind and body.
Improve co ordination
and concentration.

SESSION 3

RELAXATION

Move the body,
stretch the body
and breathe deeply.
Release tension within
the mind and body.
Understanding of
relaxation techniques
for when life gets
stressful. Improve
co ordination and
concentration.



4. PILATES AND CIRCUIT



SESSION 1 > FULL BODY STRETCH

Move the body, stretch the body and breathe deeply. Release tension within the mind and body. Improve coordination and concentration.



15 minutes

WARM UP

For more details check the Warm Up session at the beginning.



30 minutes

MAIN SESSION

SUPINE POSITION



①

On all fours. Knees under hips and wrists under shoulders. Head down, push back upwards to stretch the top of the back. Pull stomach down to arch back and lift and lower through the shoulders. 5 times, hold for 5 seconds.



5 times



②

On all fours lift one leg upwards and stretch away from you keeping the leg level with the hips and keep the hips still, hold for 5 seconds then change legs.



4 times each legs



③

On all fours lift one up one arm and stretch away from you. Keep shoulders and keep the hips still.



Repeat 4 on each side

SIDE POSITION



⑥

Lift and lower the top leg.



repeat 10 times on each side



⑦

Lift and lower both legs.



repeat 10 times on each side



⑧

Crisscross the legs like a pair of scissors 10 times one leg forwards the other backwards.



10 times



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

STAFF

1 teacher

DURATION OF THE SESSION

55 minutes

EQUIPMENT

music and mats

1 BASKETBALL

2 CORE STABILITY AND BODY BALANCE

3 DODGEBALL

5 QUICK PICK

PRONE POSITION

④

Full body stretch, hold for 10 seconds. Pulling belly button up to the sky. Tighten abdominal muscles to protect the back. Keep doing this for the exercises.



 10 times

⑤

Lying on the front, lift and lower one arm, keeping the head down.



 10 on each side

Lift and lower opposite arm to leg. An across body stretch.

SUPINE POSITION

⑨

Full body stretch hold for 10 seconds.



⑩

Lift and lower the top leg.



 10 times

⑪

Draw the knees into the chest. Hug the knees and rock from side to side.



 10 times

⑫

Place the feet flat onto the floor and rock the knees from left to right. Keeping the knees and ankles together.



 10 times

⑬

Full body stretch.



⑭

Lift leg straight up and hold for 10 seconds then change legs. Do 3 both sides. Hamstring stretch.



 3 each side



BODY&SPORT

PILATES
AND CIRCUIT

SESSION 2

WARM UP

COOL DOWN

SESSION 1

FULL BODY STRETCH

Move the body,
stretch the body
and breathe deeply.
Release tension within
the mind and body.
Improve coordination
and concentration.

SESSION 2

CONCENTRATION

Move the body,
stretch the body
and breathe deeply.
Release tension within
the mind and body.
Improve co ordination
and concentration.

SESSION 3

RELAXATION

Move the body,
stretch the body
and breathe deeply.
Release tension within
the mind and body.
Understanding of
relaxation techniques
for when life gets
stressful. Improve
co ordination and
concentration.



4. PILATES AND CIRCUIT



SESSION 2 > CONCENTRATION

Move the body, stretch the body and breathe deeply. Release tension within the mind and body. Improve co ordination and concentration.



15 minutes

WARM UP

For more details check the Warm Up session at the beginning.



30 minutes

MAIN SESSION

Talk about what we did last week. To get the body moving which will help with everyday functioning. Ask them how they felt? Where they experience difficulty moving or tightening of muscles.

SUPINE POSITION



- ① On hands and knees. Knees under hips and wrists under shoulders. Head down, push back upwards to stretch the top of the back. Pull stomach down to arch back and lift and lower through the shoulders. 5 times, hold each position for 5 seconds.



- ② On all fours lift one leg upwards and stretch away from you keeping the leg level with the hips and keep the hips still, hold for 5 seconds then change legs.



- ③ On all fours lift one up one arm and stretch away from you. Keep level with the shoulders and keep the hips still.



PRONE POSITION



- ⑤ Lying face down, perform a full body stretch, hold for 10 seconds. Pulling belly button up to the sky. Tighten abdominal muscles to protect the back.



- ⑥ Lying down on the front, lift and lower one leg, keeping it straight and pointing the toes.



- ⑦ Lying on the front, lift and lower one arm, keeping the head down. 10 on each side.



- ⑧ Lift and lower opposite arm to leg. An across body stretch.



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

STAFF

1 teacher

DURATION OF THE SESSION

55 minutes

EQUIPMENT

music and mats


1 BASKETBALL

2 CORE STABILITY AND BODY BALANCE

3 DODGEBALL


5 QUICK PICK



- ④
Lift and lower one arm and leg shoulder and hip height.
-  Repeat 5 on each side


SIDE POSITION



- ⑨
Hips stacked above each other and legs straight. Lift and lower the top leg.
-  Repeat 10 times


Repeat exercise on the opposite side



- ⑩
Lift and lower both legs 10 times.
-  Repeat 10 times


Repeat exercise on the opposite side



- ⑪
Cris cross the legs like a pair of scissors 10 times one leg forwards the other backwards.
-  Repeat 10 times


Repeat exercise on the opposite side



- ⑫
Lift bottom leg to touch top leg.
-  Repeat 10 times

Repeat exercise on the opposite side



- ⑬
Full body stretch hold for 10 seconds.
Bring feet flat onto floor and do pelvic tilts. Lifting and lowering up into a shoulder bridge. Hold for 10 seconds. then roll back down.
-  Repeat 3 times



BODYESPORT

PILATES
AND CIRCUIT

SESSION 3

WARM UP

COOL DOWN

SESSION 1

FULL BODY STRETCH

Move the body,
stretch the body
and breathe deeply.
Release tension within
the mind and body.
Improve coordination
and concentration.

SESSION 2

CONCENTRATION

Move the body,
stretch the body
and breathe deeply.
Release tension within
the mind and body.
Improve co ordination
and concentration.

SESSION 3

RELAXATION

Move the body,
stretch the body
and breathe deeply.
Release tension within
the mind and body.
Understanding of
relaxation techniques
for when life gets
stressful. Improve
co ordination and
concentration.



4. PILATES AND CIRCUIT



SESSION 3 > RELAXATION

Move the body, stretch the body and breathe deeply. Release tension within the mind and body. Understanding of relaxation techniques for when life gets stressful. Improve coordination and concentration.



15 minutes

WARM UP

For more details check the Warm Up session at the beginning.



30 minutes

SESSIONE PRINCIPALE



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

PRONE POSITION



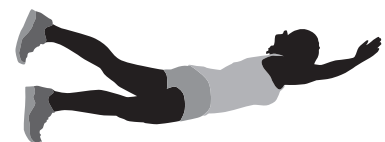
- ① Full body stretch, hold for 10 seconds. Pulling belly button up to the sky. Tighten abdominal muscles to protect the back. Keep doing this for the exercises below.



- ② Lying down on the front, lift and lower one leg, keeping it straight and pointing the toes.
- 10 each side



- ③ Lying on the front, lift and lower one arm, keeping the head down.
- 10 on each side



- ④ Lift and lower opposite arm to leg. An across body stretch.
- 10 on each side

SUPINE POSITION



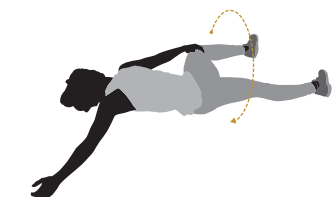
- ⑪ Bring feet flat onto floor and do pelvic tilts. Lifting and lowering the coxis and hips. Back flattens and arches. Talk about protecting the lower back by pushing the belly button down, which switches the core on to protect the back.



- ⑫ Lift both legs up into a table top position and hold for 20 seconds. Bring knees into chest and rock the body from side to side, when tired or after the 20 seconds.



- ⑬ Bring knees into stomach and hug the legs and rock from side to side 10 times.
- 10 on each side



- ⑭ Back into full body stretch. Bring only one knee in towards the chest and hug for 10 seconds, then change knees, do 3 both sides.

STAFF

1 teacher

DURATION OF THE SESSION

55 minutes

EQUIPMENT

mats, tennis balls, music, music player.

1 BASKETBALL

2 CORE STABILITY AND BODY BALANCE

3 DODGEBALL

5 QUICK PICK



⑤
Rests in the child pose, for 30 seconds.



⑮
Full body stretch.
Hold for 10 seconds.

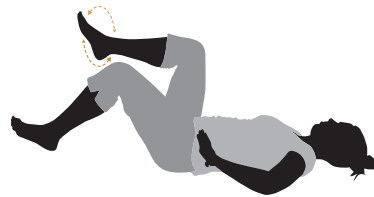
SIDE POSITION



⑥
Side. Lift and lower the top leg 10 times.
Carry out exercise on the opposite side.



⑮
Straight leg lift, chance straight away. 6 each side. Point and flex toes.



⑦
Side. Hold leg in the air and make little circles with the toes x 10. Do both directions.
Carry out exercise on the opposite side.



⑰
Lift leg straight up and hold for 10 seconds then change 3 both sides. Hamstring stretch.



⑧
Side. Lift and lower both legs 10 times.
Knees and heel together rock from left to right.
Carry out exercise on the opposite side.

⑱
Glute stretch. Place feet flat onto floor, lift one foot across heel and pull thigh into chest. Hold for 10 seconds, repeat each side twice.



⑨
Side. Knees and heel together rock from left to right.
Carry out exercise on the opposite side.



⑩
Supine (back).
Full body stretch hold for 10 seconds.

