



BODY&SPORT  
**PILATES  
AND CIRCUIT**

# QUICK PICK

**QUICK  
PICK 1**  
WARM UP

**QUICK  
PICK 2**  
COOL DOWN

**QUICK  
PICK 3**  
SESSION 1  
FULL BODY STRETCH

**QUICK  
PICK 4**  
SESSION 3  
CIRCUIT TRAINING



## 5. QUICK PICK



STAFF

1 teacher

DURATION OF THE SESSION

25 minutes

EQUIPMENT

mats and music

- 1 DODGEBALL
- 2 BASKETBALL
- 3 PILATES AND CIRCUIT
- 4 CORE STABILITY AND BODY BALANCE

## QUICK PICK 1 > WARM UP

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



10 minutes

### INTRODUCTION

Talk about why we are doing this activity- To get the body moving which will help with everyday functioning and relax our mind and body.



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.



②

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

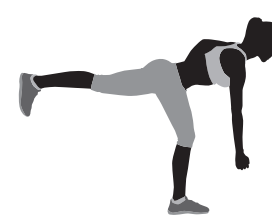


8 each way



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.



⑩

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



6 each side



③

Swing the arms all the way around forwards and backwards.



8 each way



⑦

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



④

Side stretching. Fit shoulder width apart.



4 each side



⑧

Balance on one leg for 10 seconds, then change.





BODY&SPORT  
**PILATES  
AND CIRCUIT**

# QUICK PICK 2

**QUICK  
PICK 1**  
WARM UP

**QUICK  
PICK 2**  
COOL DOWN

**QUICK  
PICK 3**  
SESSION 1  
FULL BODY STRETCH

**QUICK  
PICK 4**  
SESSION 3  
CIRCUIT TRAINING



## 5. QUICK PICK



STAFF

1 teacher

DURATION OF THE SESSION

10 minutes

EQUIPMENT

music, mats, music player

- 1 DODGEBALL
- 2 BASKETBALL
- 3 PILATES AND CIRCUIT
- 4 CORE STABILITY AND BODY BALANCE

## QUICK PICK 2 > COOL DOWN

Stretch off and bring the body to a resting state




10 minutes

### COOL DOWN



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



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




- ⑨ Walk around the room on heels and then toes and then across the foot (heel to toe) swinging the arms slowly as you walk out.




- 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*

- ⑩ 3 minutes of lying in a position most comfortable for the participant. Ask them to breathe deeply, while calming relaxing music is playing.



- ③ Walk hands in towards feet. Hold for 10 seconds.
-  *4 each way*




- ⑦ Full stretch, lift arms into the air, then sweep arms down as you squat and then lift back up. 3 times.
-  *Repeat 3 times*



- ④ Lift back up to stand. Very slowly, 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 twice on each side*



BODY&SPORT  
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AND CIRCUIT**

# QUICK PICK 3

**QUICK  
PICK 1**  
WARM UP

**QUICK  
PICK 2**  
COOL DOWN

**QUICK  
PICK 3**  
SESSION 1  
FULL BODY STRETCH

**QUICK  
PICK 4**  
SESSION 3  
CIRCUIT TRAINING



## 5. QUICK PICK



STAFF

1 teacher

DURATION OF THE SESSION

30 minutes

EQUIPMENT

music, mats, music player

- 1 DODGEBALL
- 2 BASKETBALL
- 3 PILATES AND CIRCUIT
- 4 CORE STABILITY AND BODY BALANCE

## QUICK PICK 3 > SESSION 1 > FULL BODY STRETCH

Encourage students to make decisions, improve quality of life, increase enthusiasm



30 minutes

### MAIN SESSION

#### PRONE POSITION (FRONT)

#### SUPINE (BACK)



- 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



- 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.



- ⑤ Lying down on the front, lift and lower one leg, keeping it straight and pointing the toes.



10 on each side



- ⑨ Full body stretch hold for 10 seconds.



- ⑩ Lift and lower the top leg.



10 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.



Do 4 on each leg



- ⑪ Draw the knees into the chest. Hug the knees and rock from side to side.



10 times



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



Do 4 on each side

## SIDE POSITION



- ⑥ Lift and lower the top leg.



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



- ⑦ Lift and lower both legs.



repeat on both sides  
10 times



- ⑬ Full body stretch.



- ⑧ Crisscross the legs like a pair of scissors 10 times one leg forwards the other backwards.



10 times



- ⑭ Lift leg straight up and hold for 10 seconds then change legs. Do 3 both sides. Hamstring stretch.



3 both sides









BODY&SPORT  
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# QUICK PICK 4

**QUICK  
PICK 1**  
WARM UP

**QUICK  
PICK 2**  
COOL DOWN

**QUICK  
PICK 3**  
SESSION 1  
FULL BODY STRETCH

**QUICK  
PICK 4**  
SESSION 3  
CIRCUIT TRAINING



**5.  
QUICK PICK**



# QUICK PICK 4 > SESSION 3 > CIRCUIT TRAINING

Encourage students to make decisions, improve quality of life, increase enthusiasm



5 minutes

## INTRODUCTION

Talk about the demands on the body following functional activity as we get older and how it will decline with age and lack of movement.

Talk about the circuit and why its planned this way.

Talk about the importance of the element of warm up and cool down. This will prepare them for later in the session.



20 minutes

## MAIN SESSION

### JOGGING

Jogging on the spot or around a grid of cones set out in a square. 3 minutes. Add in star jumps, burpees, touch the floor, sit down, jump and skip.

### CIRCUIT

Ask questions about how they feel after this circuit designed to help with functional movement. V 45 second effort with a 45 second recovery. Do the circuit twice.

①  
Sitting down in a chair then standing up.  
(Squatting)

②  
Pushing away from the wall. Wall press up.  
(Press up)

③  
Lying down, then standing up.  
(Motor movement)

④  
Sitting up, then lying down.  
(Sit up)

⑤  
Hopping on one leg.  
(Balance, stability)

⑥  
Hopping on the other leg.  
(Balance, stability)

⑦  
Shuttle runs.  
(Endurance)

⑧  
Lifting and lowering the arms.  
(Shoulder strengthen and stretching)

⑨  
Rocking forwards and backwards in a ball.  
(Abdominal muscle)

STAFF

1 teacher

DURATION OF THE SESSION

25 minutes

EQUIPMENT

mats, music, chair,  
pens, paper  
and music player

- 1 DODGEBALL
- 2 BASKETBALL
- 3 PILATES AND CIRCUIT
- 4 CORE STABILITY AND BODY BALANCE