







What should I already know?

- Where my core muscles are.
- I can move my body in different ways
- How to control my body to balance on 1 point (e.g. 1 foot), 2 points (e.g. 1 hand 1 foot...), 3 points (e.g. 2 feet and 1 hand or 2 elbows and 1 foot...)

Key Knowledge

- Pilates helps to develop your core strength.
- Good core strength helps you to control your body and muscles better.
- Pilates can help your body AND your mind feel better.

Key Vocabulary and definitions

Spine	The line of connected bones down the back.	
Core strength	Strong muscles around the middle of your body that control and support the spine.	
Yoga/Pilates	A type of exercise which is used to help your muscles become stronger and more flexible (bendy and stretchy) and help you balance better.	
Neutral spine	When all of the parts of the spine are in a line, not bent or curved.	
Flexion	Bending, curving.	
Lateral flexion	Bending to the side.	
Rotation	Turning from a centre point.	
Extension	Opposite of flexion or bending.	

'The Hundred' - a position to help strengthen my core muscles



Easy position – knees over hips, ankles level with knees. Shins are flat like a table top.

Hard position – legs stick out and are like a drawbridge

Very hard position – legs stick out lower and are like a drawbridge

Hold your position very still, no shaking, spine in NEUTRAL
 Keep your head on the floor.
 Pretend you're a dead beetle. Pretend you're a frozen statue.
 Keep breathing normally, don't hold your breath!