

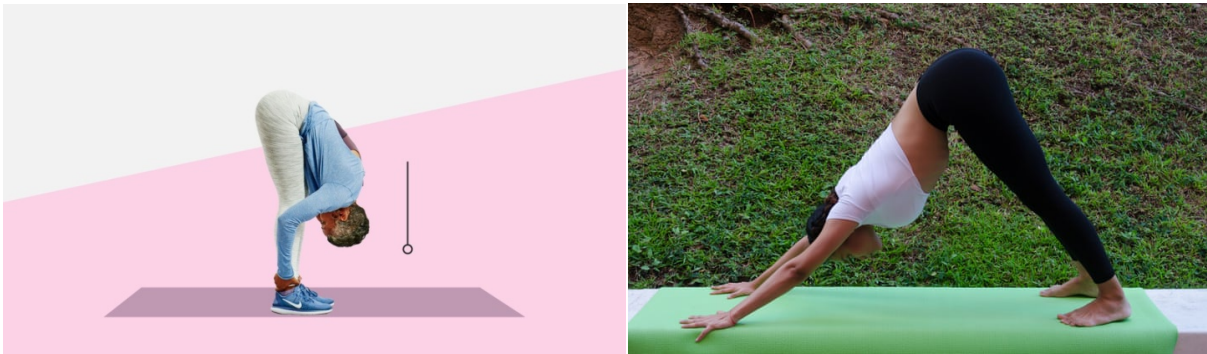
PILATES

All the children from Reception to Year 3 have spent the first half of the Spring Term learning about Pilates.

The following exercises are ones we have done in class. Please join your child and have a go at them.

REMEMBER – When performing Pilates movements the emphasis is on slow muscular control rather than number and speed of repetitions.

Roll down – Start with slowly rolling the body downwards with loose arms. Roll down and up several times to loosen the spine. Then walk hands forward keeping bottom high and legs stretched. Can continue walking hands forward into press up position and then walking hands back. Feet do not move.



Cat Stretch – On all fours arch your back up to the ceiling then slowly sink your tummy to the floor. Arms stay straight and nothing else moves other than your lower back.



Shoulder stand – aiming to hold your legs in the air with shoulders taking the weight and hands supporting the lower back. Hold for a count of ten.



Adapted side plank – Try to lift your leg only a few centimetres off the floor and hold for the count of ten. Repeat on both sides.



Seated balance – keep knees at 45 degrees and balance on sitting bones using stomach muscles to keep control. Can be extended into rolling back to the floor and coming up into this position to hold for count of ten.



Superman stretch – Only lift arms and legs a few centimetres off the floor and try to keep face pointing down at the floor to keep neck straight.



Shoulder bridge – Push bottom away from floor and hold for count of ten. Imagine there is a cactus under your bottom!



Snake stretch – start face down on floor and push up until arms are straight for count of ten.



Side plank – Start on your side on the floor then push up on one elbow and hold for count of ten. Switch sides.



Diagonal reach – Check that hands and knees are in line with shoulders and hips, raise opposite arm and leg and hold for count of ten.



Plank – Either using elbows to support or straight arms. Make sure your back does not sag in the middle or your bottom stick up in the air. Hold for count of ten.

