



# Progression of Skills

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At the following ages, children should be taught to, and be able to:

Area		4 - 5	5 - 6	6 - 7	7 - 8	8 - 9	9 - 10	10 - 11
Movement skills	Pilates movement knowledge	Copy and repeat some movements.	Copy, repeat and remember some movements and positions.	Copy, repeat, remember and perform some movement sequences.	Know, understand and show movements to demonstrate the planes of movement and positions of the spine.	Know, understand and show movements to demonstrate the strengthening of core muscles.	Know, understand and perform movements and teach some of them to others.	Know, understand and perform movements and teach most of them to others.
	Strength and Flexibility	Sit on the floor cross-legged with control and ease.	Sit on the floor cross-legged with control and ease for increased periods of time.	Develop physical strength by performing Pilates movements for a slightly increased length of time.	Develop physical strength by performing Pilates movements for a significantly increased length of time.	Develop physical strength and maintain flexibility by practising moves and stretches.	Perform complex moves that combine strength and flexibility.	Perform complex moves and sequences that combine strength and flexibility.
	Posture and alignment	Sit on the floor and in a chair with correct shoulder and spine alignment with control and ease.	Sit on the floor and in a chair with correct shoulder and spine alignment with control and ease for increased periods of time.	Understand what is correct posture and alignment and be able perform everyday tasks such as sitting, standing, walking etc. in this way.	Perform simple Pilates moves and everyday tasks with correct posture and alignment.	Perform more moves and everyday tasks with correct posture and alignment.	Perform complex moves and complex everyday tasks with correct posture and alignment.	Perform complex moves and sequences and complex everyday tasks with correct posture and alignment.
	Control, Precision and Coordination	Work towards control and coordination in large and small movements.	Demonstrate more control in a variety of movements.	Demonstrate control over movements and show good co-ordination.	Move with careful control, precision and coordination.	Move with careful control, precision and coordination and hold a precise and strong body posture .	Perform movements at varying speeds with careful control, precision and coordination, hold a precise and strong body posture and maintain this throughout the performance.	Hold positions and perform movements for increased periods of time without losing control or compromising technique.
Creative skills	Interpretation of music	Start to describe how a piece of music makes them feel and the kind of movements they want to do to that music.	Describe how a piece of music makes them feel and the kind of movements they want to do.	Use descriptive words to explain how the music makes them feel and create suitable movements for those feelings.	Create linking movements to express feelings or ideas that are suggested by the music.	Create linking movements, movement patterns and elements of stillness to express feelings or ideas that are suggested by the music.	Create linking movements, movement patterns and elements of stillness to express feelings or ideas that are suggested by the music using regular beat, slow beat and quick beat.	Create linking movements, movement patterns and elements of stillness to express feelings or ideas that are suggested by the music alternating between regular beat, slow beat and quick beat.

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Area	4 - 5	5 - 6	6 - 7	7 - 8	8 - 9	9 - 10	10 - 11
Team work, reviewing and understanding benefits	Reviewing and assessing self and others	Talk about the movements and actions and describe them to other people.	Make a suggestion on how to improve my performance.	Make a suggestion on how to improve my performance and performances of others.	Make some suggestions on how to improve my performance and performances of others.	Make suggestions on how to improve my performance and performances of others using correct Pilates terminology.	Make suggestions on how to improve my performance and performances of others using correct Pilates terminology.
	Understand the benefits of participating in Pilates	Describe how my body feels before, during and after an activity.	Show how to exercise safely.	Describe how my body feels during different activities and explain what my body needs to keep healthy.	Explain why it is important to warm-up and cool-down.	Identify some muscle groups used in Pilates movements.	Explain why keeping fit is good for health and explain what effect exercise has on the body.
	Communication	Communicate appropriately and effectively in accordance with expectations for their age.					
	Confidence and self-esteem	Demonstrate a level of confidence and self-esteem to 'have a go' and not be afraid to 'fail'. This will vary according to children's age, maturity and personality and should be addressed accordingly.					
Enjoying - Participation and Encouragement	Enjoys participating in Pilates	Actively participate in pilates and enjoy developing themselves through a range of movements, balances and new body shapes and exercises.					
	Encourages others to participate	Help to encourage and inspire other children to participate, feel included and involved. This will vary according to children's age, maturity and personality.					

**Footnote:** Children develop physically, socially and emotionally at different rates. It is therefore to be expected that while children may progress through the progressions above in that order, individually they may be a little ahead, or a little behind and teaching should be differentiated accordingly.