

Progression of Skills





Progression of Pilates Skills

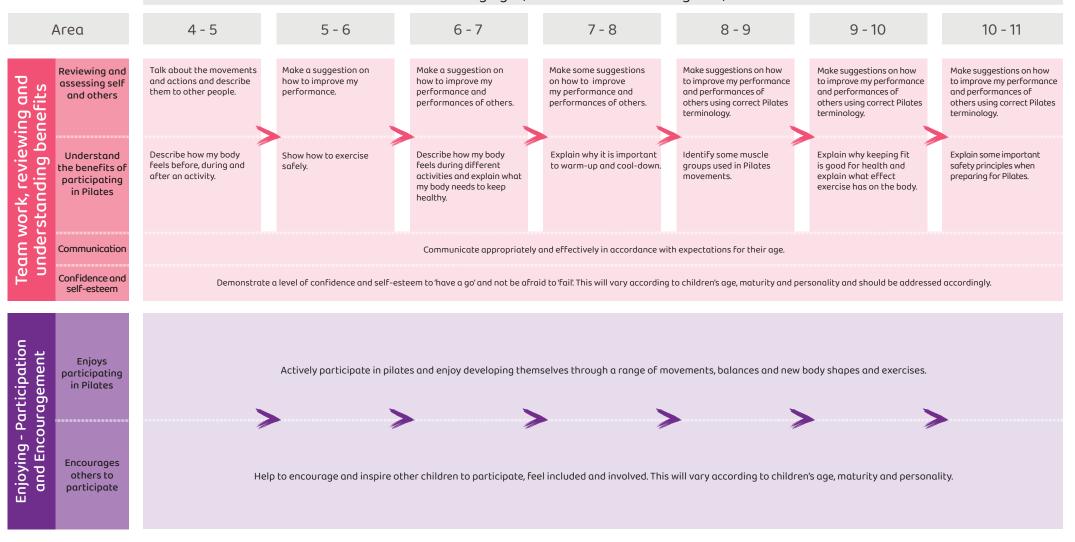
At the following ages, children should be taught to, and be able to:

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.
Creat								



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



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.