



Personal Fitness Virtual Learning

7/8 Pilates

May 15, 2020



7/8 Grade Personal Fitness & Wellness

Lesson: [May 15th, 2020]

Learning Target:

Participates in a variety of strength and endurance fitness activities such as Pilates, resistance training, body weight training, and light free-weight training. (S3M3.7)



Pilates is complete coordination
of body, mind and spirit.

Joseph Pilates

**Daily Essential Question/Objective: I
will know what a Pilates workout
looks like and the benefits of it.**

Take AVID notes over the following.

- Pilates (pronounced puh-*lah*-teez and not *pie*-lates) is similar to yoga but emphasizes your body's core — the abdomen, obliques, lower back, inner and outer thigh, butt, and so on. For this reason, Pilates develops much of what exercisers need — strength, flexibility, muscular endurance, coordination, balance, and good posture — with a much lower chance of injury than with other forms of exercise. The discipline emphasizes correct form instead of going for the burn. With so many exercise variations and progressions, you may have a hard time getting bored with Pilates. Pilates teaches you to think about how you use your muscles during your workout so you use them better in daily life. For instance, because much of the focus is on good posture and body mechanics, you stand and sit taller and walk more gracefully.

Take AVID notes over the videos.



Pilates vs Yoga



Review notes

Now, you will reread through your notes.

- Highlight any words or phrases. Must highlight at least 5 times between aerobic and anaerobic notes.
- Call a friend, text, or facetime a friend who did the same assignment and circle any words or phrases that you and your friend highlighted.
- Write a summary of what you learned.



Warm up:

Complete the warm up video before your workout.



Complete the workout video





Check-In with answering the following:

What did you think about the Pilates workout today? Did you like it or not? Why?

Would you like to have another Pilates workout in the future? Why or why not?

Did you think Pilates was hard? Why

What are the benefits of performing a Pilates workout?

All Done!!!!

