Objectives: The student applies fitness principles during a personal fitness program. The student explains the relationship between physical fitness and health;

Brief Introduction to Pilates Video: https://www.youtube.com/watch?v=EJUkHoJMTEk

ACTIVITIES

- Read an overview of what Pilates is: Pilates is a physical fitness system developed in the early 20th century by Joseph Pilates, after whom it was named. Pilates called his method "Contrology".[2] It is practiced worldwide, especially in Western countries such as Australia, Canada, the United States and the United Kingdom. As of 2005, there were 11 million people practicing the discipline regularly and 14,000 instructors in the United States. Evidence from studies show that while Pilates improves balance, it has not been shown to be an effective treatment for any medical condition[5] other than evidence that regular Pilates sessions can help muscle conditioning in healthy adults, when compared to doing no exercise.

- Watch the 3 minute video for Pilates: https://youtu.be/sGX_Ut3mQRA

- Do the Beginners Pilates Workout for 15 minutes: https://www.youtube.com/watch?v=bgzPkvRQnro

ASSESSMENT:

Answer the following questions at the conclusion of the lesson:
- What parts of the body were working after the workout?
- Where are some places one might do a Pilates workout?
- Who is the founder of Pilates and how might this be beneficial to your daily life?
- Utilizing flipgrid please submit a video of one movement sequence in Pilates.

Find a Pilates workout for 15-20 minutes that you think the class might be able to follow along to.

FOR NEXT TIME:

SUBMIT YOUR QUESTIONS IN WORD APA STYLE TO THE TEACHER BY 4/12/20 AT 8PM