



### Key Vocabulary

**Mountain pose, rock,  
Siamese pose, giraffe,  
Pilates, pencil point  
pose**

In this unit, children will improve balance and co-ordination, develop balance techniques when performing cool core moves and to sustain balance and concentration when performing a variety of cool core moves.

### Key Points of Learning

Perform basic Pilates moves with good technique and understanding.  
Perform some controlled Pilates movements, and understand the benefit of doing them.  
Understand why breathing is important throughout all of the moves.  
Create a cool core move using balance techniques.

### Useful Websites

[BBC PE](#)

