

Polestar Sequencing For Mat

Version 6 – 11th May 2013

Scope

- Major part of written exam
- Exam is two hours: inc 50 multi choice plus designing two mat classes (nb - well it was when I did in 2010 – it may have changed)

The Nine Polestar Movement Categories

- **These have been omitted as they may have infringed on Polestar's Intellectual Property.**
- **Refer to your official manuals!**

Maxims

- At least one from each of the 9
- Mainly follow the order / sequence given – **see Appendix 1**
- **WATCH OUT FOR CONTRAS!**
- Additionally:
- Give thought to 'flow' & transitions
- Aim for no more than 4-5 moves in a given plane
- Try and even out the number of extensions & flexions
- Include some stretching (Hamstring stretch / Mermaid) – anytime is OK and expected (show in brackets to show these are not 'counted' with the actual 'moves')
- Timings and Number Of Moves per class – see next two sections
- Common Sense: If you need to mix in some side lying in between a Cat 1 and 2 (ie to give certain muscles groups a rest – state the reason and go ahead!)
- Finish upright if poss

Timings

- Categories 1 & 2: 20 mins
- Categories 3 – 6: 20 – 25 mins
- Categories 7 – 9: 15 – 20 mins

Number Of Moves Per Class

- Beginners: 10 – 12
 - Intermediate: 12 – 14
 - Advanced: 14 – 18
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- Moves for counting purposes here would NOT include incidental stretches placed in-between moves – eg a shoulder stretch before Scarecrow etc
 - The rationale behind more moves in Advanced classes is that less cue-ing would be required eg <Activate TA's> would suffice without having to elaborate with other cues such as <women's corset being done up at the rear, feel the sensation of the side muscles wrapping around the side of the body" etc

Exam Time

- State any assumptions made
- eg an Osteo attendee : If not specified, you may feel it appropriate to assume client is a beginner to Pilates and / or is a new comer to a fitness régime in general – in which case, STATE the assumption made
- Bring several different coloured pens!
- Use comments in brackets and / or show in a different colour to make a distinction of what is a 'move' and what is an interim 'stretch' or 'transitioning move'

Plan The 'End Game' & Work Backwards!....

- The thing that constantly confused me (maybe it's a 'Guy Thing') was the concept of 'flow'
- My eureka moment came when a teacher taught me to "Plan the end game and work backwards'
- Case in point: If a class for a golfer (ie lots of rotational work) was going to end up with Twister, what moves would best 'prepare' for this at the earlier stages?....
- So, twister involves upper arm strength, hence somewhere earlier in the plan, maybe push ups would be relevant – likewise SideBend (as this involves elements of shoulder stability and balance that are good preps for Twister later on).
- Because Twister is rotational, maybe earlier on in the plan, include Mermaid / Saw both as intermove rest / stretches and/or precursors to Twister.
- Another example: Ballet Dancer – suppose the end game move is to be the Control Balance (ie involves numerous aspects** so keep for the end when fully warmed up.
** Core Control / Articulation / PF as legs transition / Leg Dissociation
- Earlier in the plan, maybe use Criss Cross – ie this is a good prep on account of PF as legs transition and involves Leg Dissociation. Quadruped might come earlier to start preparing the body for the Balance aspects required in Control Balance. By the same token, Swimming might

come as an earlier move because the Arm/Leg dissociation it involves is a good prep for Quadruped etc etc

- So, plan the end game and work backwards!

Appendix 1:

Order / Sequence: Like Good Dancers... It's Kinda Flexible

In theory:

- Moves in Categories 1 & 2 occur in that order
- Likewise, moves in Categories 7 to 9
- Moves in Categories 3, 4, 5 and 6 – can (and should!) be mixed up a little to achieve 'flow' etc

Dilemma

- However, some of the moves lend themselves to more than one category
eg Side Bend could be either a Cat 4 or 5!
- Also, some moves can vary depending upon the PERSON!
eg Roll Over – could be a Cat 2, 7 or 8. It varies by the person in as much as an advanced client might find the move 'merely' an inversion whereas a beginner might find the move sufficiently difficult that it is more suitable to rate the move 'Full Body Integration'
- Some moves are obviously one / higher numbered Category but are really best placed at the start of a class
eg Seated Pelvic Floor is rated a Cat 6 but is far more suited to a warm up and is probably better placed in with Cat 1 and 2 moves at the start of the class

Reality Bites:

- Well, the good news is.....
- Such transgressions are allowed / permitted / expected even(!)
-SO LONG AS YOU MAKE IT CLEAR IN THE NOTES that you are aware of the technical category and state WHY its position has been moved from what might be consider the 'Official Norm'