

**POWER STANDARD 5: I Value Physical Education, Fitness, and Health****PILATES PRESCRIPTION**

Name: \_\_\_\_\_

Create a 1- to 2-page handout on Pilates exercises that have a therapeutic application.

1. Select a series of three or four Pilates exercises that strengthen a particular body part. Think about selecting a group of exercises in the following areas: upper body, lower body, glutes, abdominal muscles, balancing exercises, sitting exercises, and so on.
2. On 1 to 2 pages, list and describe each of the exercises that you selected.
3. Include a picture of each exercise (from magazines or the Internet or your own drawings) and a brief description.
4. For each exercise, include the muscles that are involved and the part of the body that is strengthened.
5. Turn in one copy to be graded.
6. Due date: \_\_\_\_\_

I will take each of your handouts and create a book of Pilates exercises for each of you to keep for your own workouts!