



1st December 2022

Dear Parent/ Carer

We are delighted to be able to offer your child the opportunity to take part in an after school Pilates course which will be run by Nina Hodgkiss. This course will replace our current yoga provision on a Friday.

Course Overview

- ✓ Week 1 - Introduction to Pilates and where it started, the Principals we follow correct starting positions, correct breathing technique and beginner's exercises
- ✓ Week 2 - Quick recap on week 1 starting positions and exercises, learning about the deep core muscles & introducing new exercises
- ✓ Week 3 - Understanding how Pilates encourages us to move our body more freely
- ✓ Week 4 - Understanding of the deep core muscles and body strength
- ✓ Week 4 - Balance challenges using our breathing and strong deep core muscles
- ✓ Week 5 - Continuing to build on the exercises and use of the Pilates principals
- ✓ Week 6 - By now you should know the Pilates principles and how we use them, correct starting positions and correct breathing patterns and beginners Pilates exercises

Pilates is a low impact dynamic way of exercising the body. It improves balance, flexibility, strength, self-confidence, movement of the body in different positions, breathing techniques, super for well-being and is fun.

The program will begin on Monday 9th January and will run every Monday for 6 weeks 3.30-4.30pm. The cost of the programme will be £20.00 which will need to be paid upfront via parent pay.

Although this class will be managed by an external provider, behaviour expectations remain the same. Should behaviour not meet expected standards your child's place will be removed without refund of the remaining sessions.

If you would like your child to access this opportunity, please pay via Parent Pay to confirm their place.

Please feel free to contact me at school if you have any further questions.

Yours Sincerely

M. Davison

Mrs Davison
Assistant Head teacher

Codsall Middle School

Wolverhampton Road, Codsall, Staffordshire WV8 1PB

Tel: 01902 843177 Fax: 01902 841648

Email: office@codsall-middle.staffs.sch.uk

Website: www.codsall-middle.staffs.sch.uk



Headteacher: Mr P J Bowers MAEd