

MATWORK AND SMALL APPARATUS PRACTICAL ASSESSMENT: TEACHING DEMONSTRATIONS

TEACHING DEMONSTRATION

STAGE 1 (20 minutes)

- Introduce yourself and clients safely to the space and ask health screening client induction questions.

PIC	REPertoire SELECTIONS
Warm Up	Foam Roller Foundation Series: Printing, Imprinting, Pelvic Curl, Chest Lift
Centring	Leg Circles, Rolling, Hundred
Sitting II	Theraband Arm Series: Rowing, Cut-a-Tree, Tricep Extension
Lateral and Extension	Side Lift Single, Side Kicks, Side Leg Lift, Swimming, MC Floor Swan

STAGE 2 (20 minutes)

PIC	REPertoire SELECTIONS
Abdominals	Double Leg Stretch, Hamstring Pull
Lateral and Extension	Abduction and Adduction, Side Lying Leg Circles, Single Leg Kick
Full Body Challenge	Teaser Prep
Release	Standing Lunge

STAGE 3 (20 minutes)

PIC	REPertoire SELECTIONS
Spinal Flexion	Roll Over
Sitting II	Open Leg Rocker
Integration Supine	Shoulder Bridge, Corkscrew
Support Integration	Front Support, Leg Pull Front
Full Body Challenge	Teaser