

Pilates Knowledge Organiser Year 5



Key Terms

Actions of the spine

Neutral Spine

Shoulders
Hips
Knees
Ankles

Forward Flexion
(Bend forward)

Extension
(Bend backwards)

Rotation
(Twist sideways)

Lateral Flexion
(Bend Sideways)

	Muscle Name	Location	Postural Role
	Pectorals	Chest	Supports upper body
	Obliques	Sides	Supports trunk
	Abdominals	Stomach	Supports trunk
	Trapezius	Upper back	Holds back shoulder blades
	Latissimus Dorsi	Mid back	Pulls shoulder blades down
	Erector Spinae	Muscle running the length of the spine	Supports Spine
	Gluteus Maximus	Strong lower back muscles	Supports Lower back