

SESSION: CREATING A SEQUENCE WITH ELEMENTS

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To understand how best to link poses together to make a sequence that flows
- To improve children's memory retention
- To improve children's concentration through balancing poses
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Introduction

This week's class is focussed on creating a sequence, similar to what we do with the warm up sequence, moving from one position to another in a natural flow.

We will be working with three of Earth's elements: Earth, Water and Air. We will go through poses that can be found on earth, in water and things that can fly (natural or man-made) and children will be asked to work together to work out the best order for each sequence, then they will see if they were correct!

Starting in Earth, we will practice **Tree, Horse and Chair**.

Discussion 9 minutes 10 seconds:

What is the best order for these poses to run in for our sequence?

Children should think about how easy it is to get from one pose to another and which makes the sequence flow easier. Once children have guessed, they should practice it together and check it works, then play the video again.

The correct sequence is:

1. Tree
2. Chair
3. Horse

We then move onto water element with **Fish, Whale and Shark**.

Discussion point 14 minutes:

What is the best order for these poses to run in for our sequence?

Remember you will be starting from **Horse** pose! Once children have guessed, they should practice it together and check it works, then play the video again.

The correct sequence is:

1. Shark
2. Fish
3. Whale

We will then move onto the air element with **Dragon Fly, Butterfly** and **Aeroplane**.

Discussion point 22 mins

What is the best order for these poses to run in for our sequence?

Remember you will be starting from **Whale** pose! Once children have guessed, they should practice it together and check it works, then play the video again.

The correct sequence is:

1. Butterfly
2. Aeroplane
3. Dragon Fly

We will then practice the sequence all the way through together.

1. Tree
2. Chair
3. Horse
4. Shark
5. Fish
6. Whale
7. Butterfly
8. Aeroplane
9. Dragon Fly

Relaxation Time

Children should lay down on their back and close their eyes if they feel comfortable to do so.

If possible, turn off the lights to help with the ambience of the room.

Children will be taken on through a progressive muscle relaxation, where they will tense their muscles and relax them, helping them totally relax.

Children will be asked to focus on their breathing as they listen to the music.