

SESSION: STRENGTHENING THE CORE

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To improve children's concentration through balancing poses
- To understand what our core is and why it is important for us
- To improve children's core strength
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Theme

To start this class we are going to discuss what we mean by our core, where it is and why it is important. We will be working on poses that help us to strengthen our core. It is important that we educate children about what they are achieving with their yoga and why it is good for them.

We will go through a range of poses that help to strengthen our core. There will be times in the video that you will need to pause to allow children to practice a pose and also to walk around and help children if they need some assistance. Regular practice of poses that build our core will help strengthen the abdominal muscles.

Discussion Point: 0:35 seconds

1. Why is our Core Important?

- a. For stabilising our body
- b. Allows us to move in different directions and keep balance
- c. Prevents us from falling over and causing injury
- d. Allows our body to function properly

2. Where on our body is our Core?

It is the centre of our body - the stomach, side and lower back

Discussion Point: 5 minutes and 47 seconds

Which poses help to strengthen our core?

Suggestions may include boat, aeroplane, plank / side plank, bridge, shark, Dog (they can show you the pose rather than list them if they cannot remember the names).

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.

Throughout this part, children should try to stay still and quiet and practice their breathing in through the nose and out through the mouth, this helps them to feel calm and relaxed. We will play relaxing music throughout the relaxation.

At first children may find it difficult to relax and stay still, but over the weeks you will notice the difference and the length of the relaxation will increase.

This week, the children will listen to a space themed visualisation.