

SESSION: THE OLYMPICS

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To understand the where and why the Olympics take place
- To understand different emotions we feel and how this can affect us physically
- To improve children's concentration through balancing poses
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Overview:

This class is all about the Olympics, although yoga is not an Olympic sport, we are going to re-create lots of sports through movement and poses.

The Olympics originated from Olympia in Greece and was held every 4 years in honour of the Greek God Zeus.

Throughout the class we will explore the indoor events, outdoor events, water sports and pool events – connecting each sport to a yoga pose.

Discussion Point 0:45 seconds:

Where did the Olympics begin?

Olympia, Greece in 776 B.C

Discussion Point 46 minutes:

Describe what emotion and physical feeling you would feel:

1. Before competing in a race
2. If you won a race
3. If you lost a race

Examples of feelings before you compete in a race:

- Nervous – butterflies in stomach
- Excited - full of energy
- Sick - loss of appetite
- Worried - stomach ache

Examples of emotions if you were to win:

- Very happy
- Excited
- Relieved
- Proud
- Confident
- Relieved – your body feels lighter

Examples emotions if you didn't win:

- Angry - red faced
- Annoyed
- Disappointed
- Jealous
- Upset
- Feel like you have failed

Relaxation

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 asked to focus on their breathing as they listen to the music and the guided visualisation which is focussed on how we feel when we achieve things.