

SESSION: YOGA FOR OUR HAMSTRINGS

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To understand a range of yoga postures that will help build the hamstring muscles and why this is important
- To improve children's concentration through balancing poses
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Overview

In this class we will be working on yoga postures that build the hamstring muscles - keeping these muscles strong helps to stabilise the knee joint and maintain hip and torso positioning; all of this will reduce the risk of injury. Stronger hamstrings also helps us to run faster.

We will then go through a range of yoga postures to strengthen the hamstrings:

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 all about our bodies.

