

SESSION: ALL ABOUT OUR MUSCLES

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To improve children's concentration through balancing poses
- To learn about the different muscles in our body and the yoga poses used to strengthen
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Theme:

This class will focus on strengthening muscles through yoga poses, learning which poses help strengthen different muscles in the body.

Discussion Point 9 minutes 24 seconds:

How many muscles can you name?

Opens discussion, which could include:

- Quadriceps
- Biceps
- Glutes
- Hamstring
- Triceps
- Deltoid
- Rhomboid
- Trapezius

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 be taken through a progressive muscle relaxation, followed by a heart visualisation.