

SESSION: SPORTS DAY

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To explore different sports that children compete in on a sports day
- To improve children's concentration through balancing poses
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Theme

Children will go on a sports day adventure, where they will look at some favourite sports day events and challenge themselves.

Discussion Point: 6 minutes and 15 seconds:

What is your favourite sports day event?

Children can suggest their favourite events that may include:

- Running race
- Egg and spoon race
- Sack race
- 3-legged race
- Beanbag race
- Relay race

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 silver staircase visualisation.