

SESSION: STENGTHENING THE BODY THROUGH YOGA

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To improve children's concentration through balancing poses
- To begin to build strength through different yoga poses
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Theme:

This class will focus on building muscle strength in the arms, legs and the core using yoga poses.

Discussion points 5 minutes 21 seconds:

Which poses help to strengthen your arms?

- Downward dog
- Upward dog
- Aeroplane
- Plank
- Dolphin

Discussion points 15 minutes 20 seconds:

Which poses help to strengthen the core?

- Boat
- Bridge
- Lotus lift
- Whale
- Plank
- Downward Do
- High lunge



Discussion points 25 minutes 07 seconds:

Which poses help to strengthen your legs?

- Chair
- Warrior
- Lizard
- Pizza stretch
- Triangle
- Squat / Rabbit



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 journey with a magic rainbow waterfall visualisation.