

Introduction (5 minutes)

- 1 Do pupils remember doing yoga last year? Can any pupils remember poses that they learnt – can they demonstrate?
- 2 Has anyone continued to do any of the things that you learnt during yoga sessions such as concentrating on their breathing to energise or calm?
- 3 Explain that you are going to play a chime sound and that is the sign for the pupils to find a space on their own and sit cross-legged on the floor in silence. Can they listen for the chime to completely disappear? Play the chime.
- 4 Once they are seated, ask pupils to rub their hands together warming them up. Once they feel warm, place your palms gently over your eyes and take a few relaxing breaths.
Feel the air fill your lungs and pull your spine upright as you inhale the air. Keep the straight spine as you exhale. Take a few breaths, each time feel your spine growing up to the sky.
- 5 Remove your hands and place them on the floor.
Stretch your legs in front of you.
Circle your feet one direction and then the other. While you do this, start to think about your breath. In through the nose and then out gently through soft lips.
- 6 Ask pupils to tilt their heads to one side, then to the other. Flop their head forward and then roll it to one side and then roll it all the way to the other side. Do this slowly.
- 7 Now stand in Mountain pose (**See resource 1**). Imagine yourself as a strong, solid mountain. Your feet join you firmly to the Earth. Your spine is long stretching you up into the sky.
- 8 Now make a sunrise by lifting your straight arms in an arc until they are above your head, look up to the sun and take a few breaths.
- 9 Now be a sunset; as you exhale, drop your arms slowly in an arc all the way to the ground, bend your knees slightly as you do this.
- 10 Now reverse this movement to make the sun rise again and then sunset.
- 11 Now slowly walk your fingers up the front of your body starting from your toes until you come back to upright.
- 12 Twinkle your fingers up into space to make them stars at night. Stretch your body and come up on your tip-toes with your twinkle stars.
- 13 Jump out into Star pose (**See resource 2**). Then give your body a gentle shake out.

VARIATION

Try to coordinate breathing with movement.

Main (10 minutes)

1 Use the pose cards to remind the pupils of the poses that they have learnt. Today they are going to spend some time practising these with a partner. Each pair should select three poses to compose into a routine.

2 Explain, that pupils are going to get into pairs (or threes) to make a yoga story where you move between three positions. Give an example, "A cow was in the field one sunny day when she saw a frog jumping in the long grass. A cat was startled by the frog." For each stage, you should get into the correct pose, think of how to move smoothly between the poses. Draw pupils' attention to the pictures of the poses to jog their memories.

3 One pupil will speak the story while the other moves into the poses but take it in turns to perform both roles.

4 Give pupils time to work out a short sequence and ask some pupils to perform for the class.

TEACHER NOTES

You could use a digital camera to show pupils how straight their pose is and help them improve if you do not have mirrors available.

TEACHER NOTES

While pupils are practising, use the pose cards to help them pose correctly and encourage them to find fluid ways to transition between poses.

Conclusion (5 minutes)

- 1 Explain that they are going to do a body scan relaxation exercise now. Ask pupils if they remember doing this before. Does anyone do this to try to get to sleep at home?
- 2 Ask pupils to lie on the floor in Savasana pose (**See resource 3**). Their body relaxed, feet floppy. When the room is calm and quiet, ring the chime and let it reverberate until the sound goes.
- 3 Start from your feet and think about how they are feeling, make sure they are at rest and relaxed.
- 4 Now think about the backs of your legs. Imagine they are made of very heavy metal and are sinking into the ground. Don't push them down, just imagine them being very heavy and relaxed.
- 5 This feeling is now moving up to the back of your knees and then your upper legs.
- 6 Now think about your hips and your bottom. Is there any discomfort there? If there is then think about this when you breathe in through your nose, then breathe out gently through your mouth and imagine the discomfort floating away on your breath and your body relaxing into the floor.
- 7 Imagine the relaxing feeling moving up your spine step by step all the way to your shoulders and then down your arms all the way to the end of your fingers. Feel your breathing lungs helping you to relax.
- 8 Feel it in the back of your neck and your jaw and mouth and even your tongue.
- 9 Now feel it in your eyelids and all the way to the top of your brain. Relax like this taking good breaths.
- 10 After a few minutes, chime the chime and tell pupils to give their toes a little wiggle, then their fingers. The open their eyes, look around and roll onto your sides. Push yourself up slowly and give your body a gentle shake to wake it up

VARIATION

If blankets are available, pupils should lie with a blanket over them. If you have cuddly toys, pupils can lie with the toy on their chest or tummy.

TEACHER NOTES

Use the lavender spray during relaxation to make the relaxation a multi-sensory experience.

LEADERSHIP

Make pupils responsible to tidying up any equipment used. Pairs fold blankets and others ensure they are collected neatly.