

Main (20 minutes)

- 1 Now we are going to do a routine of poses that you have learnt in past lessons. Try to move fluidly between the poses following my voice. In each pose you should try to take some breaths and really stretch into the pose, maintaining your balance.
- 2 Firstly, sit on your knees, then stretch your arms up to the sky and come up onto your knees. Look upwards and take in some breaths while you grow taller towards the sun's warmth.
- 3 Now, bend back down and come into Child's pose (**See resource 4**) with your hands by your sides.
- 4 Come up into Table pose (**See resource 5**). Check whether your back is straight with your abdominal muscles pulled in and your hands are beneath your shoulders.
- 5 Now, curve your belly down and bring yourself into Cow pose (**See resource 6**). You should be arching your back towards the floor and your head should be looking upwards. Take in a breath while you feel the stretch and then give a little, "moo," as you breathe out.
- 6 Can you rotate your pelvis now to curve your spine the opposite way; away from the floor to move into Scared Cat pose (**See resource 7**)? You should drop your head down. Feel your back arching up like a startled cat.
- 7 Come back to table, turn your toes under and push up by straightening your legs to bring yourself into Downward Dog (**See resource 8**).
- 8 Now 'walk' the dog by flexing the heels of your feet up and down alternately.
- 9 'Wag your tail' by flexing your hips to wiggle your bottom.
- 10 Now, lower down into Upward Dog (**See resource 9**); try to rest the tops of your feet on the ground, keep your arms straight and hold your body off the floor if you can. Remember Upward Dog is a bit like Cobra (**See resource 10**) but your body should be off the floor as much as possible with just your hands and feet touching the floor.
- 11 Breathe in and 'pant out'; like a dog.
- 12 Now repeat this whole sequence in a fluid way from step 4. Then rest in Child's pose for a few moments.

TEACHER NOTES

Use the pose cards to remind the pupils of the poses that they have learnt.

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.

EXTEND

Try to coordinate breathing with movement.

VARIATION

Cobra is fine for those who cannot lift their body off the floor.

- 13 Let's do some standing poses now. Come up into Mountain pose (**See resource 11**) with strong legs and straight arms.
- 14 Arch your arms up, to make the sunrise.
- 15 Drop your arms and then your body to make sunset. You should end up in Ragdoll (**See resource 12**) pose.
- 16 Make the sun rise and set once more and then come back to Mountain pose.
- 17 Jump open your legs, and turn your right foot facing out to the right. Stretch your arms out to the sides and bend to the right side and rest your right hand on your right leg. Keep your other arm stretching up into the air. This is Triangle pose (**See resource 13**).
- 18 Repeat this on the other side.
- 19 Come back up into the Mountain pose and jump apart once again. This time point both feet to the right by swivelling on the spot and turning your body in the same direction. Bend your right leg and put your arms high above your head to take you into Warrior 1 pose (**See resource 14**). Check that your shoulders are not hunched up by rolling them back. How long can you hold this pose? Take a few breaths, holding steady.
- 20 Straighten your leg and take your arms back to your hips.
- 21 Turn your body to face forwards, your right foot should still be pointing to the right put your arms out straight to the sides.
- 22 Now bend your right leg and look towards your extended right arm without twisting your body in that direction. Can you bend the right leg more and keep your balance? This is Warrior pose number 2 (**See resource 15**). Do you feel like a strong warrior? Can you hold the pose for a few breaths?
- 23 Bring your hands down to your hips and turn your hips to face the direction of your front leg. Now bring your weight forwards towards your front leg and make that leg strong and straight while you slowly lift your back leg off the ground and stretch it behind you. Stretch both arms out in front of you. Feel the strength of your body. This is Warrior 3 (**See resource 16**).
- 24 Come back to Mountain pose and try to perform a sequence moving though the warrior poses but to the left side.

EXTEND

While in Triangle pose, try to turn your head so that you are looking towards the arm that is pointing upwards. You need to stop yourself bending forwards in order to keep your balance.

Conclusion (5 minutes)

- 1 Your legs have done a lot of work so now lie down on your back. Hug your knees to yourself for a moment. This is called Ball pose (**See resource 17**).
- 2 Try to grab your toes to make Happy Baby pose (**See resource 18**). Stretch like this for a moment and then hug your knees again. Can you roll further backwards when you inhale and forwards when you exhale in Ball pose (**See resource 17**). Can you roll yourself up to sitting?
- 3 Now, lie on the floor in Savasana (**See resource 19**) pose. Your body relaxed, feet floppy. When the room is calm and quiet, ring the chime and let it reverberate until the sound goes.
- 4 Bring the focus to their arms and shoulders, turn hands so that they face the ceiling, this should unroll any curved shoulders, so the shoulders relax more.
- 5 Close your eyes. Bring your focus to your breathing again. I am going to play the chime, listen carefully until you can no longer hear the chime and then take your focus back to your breathing. Give pupils some time to do this.
- 6 Explain, I am going to ring the chime one more time, when you hear it, you should open your eyes, look around and roll onto your sides. Get 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.