

Main (20 minutes)

1 Ask pupils to think about how they are sitting. Rest your hands on your knees with the palms upwards. Can you straighten your back? Imagine you have a string attached to the top of your head, each time you breathe in, the string is pulling your spine up a little more, when you breathe out, keep the height that you gained. Let us take a few breaths, getting taller each time.

2 Close your eyes, part your lips a little but keep them relaxed. Try to breathe in through your nose and out through your mouth gently with as little sound as possible. Give pupils a chance to try this for a few breaths. Now you are going to try to breathe in longer breaths. Try to count to 5 in your head slowly while you breathe in and then count to five slowly while you breathe out. Teacher to count aloud for a few breaths.

3 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.

4 Come up into Mountain pose (**See resource 4**).

5 Can you remember Washing Machine pose (**See resource 5**)? Stand with soft knees and begin to turn your body from side to side so that your arms swing out and around your body.

6 Shake yourself dry and then come back to Mountain pose and take some deep breaths in through your nose and quietly out through soft lips. Bring your palms together touching your chest in Namaste (**See resource 6**).

7 We are going to do something called Sun Salutations now. It is important to try and join your movements with your breath.

8 Inhale and raise your arms straight up to the sky to salute the sun.

9 Now exhale and bring your arms straight down in front of you as you bend at the hips. Can you hold the outer edges of your feet?

10 Inhale and put your hands on your shins, keep your legs and spine straight and look up.

11 Exhale and fold down again, trying to stretch your spine more.

12 Inhale and as you lift your body up and stretch your arms back to the sky.

13 Exhale and bring your arms down to your sides.

14 Repeat the sun salutation a couple more times.

15 Now fold forward into Ragdoll (**See resource 7**) pose.

VARIATION

If any pupil finds it hard to sit tall due to tight muscles or poor core strength, a cushion or folded blanket under the back of the hips might help.

VARIATION

Some pupils will feel more focused if they shut their eyes, others will not feel comfortable doing this.

TEACHER NOTES

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

- 16 Bend your knees and put your hands on the floor. Step back with your left foot; your toes should be turned under touching the floor. You should now be in Runner pose (**See resource 8**). Check that your hands are either side of your front foot and your knee is above your foot.
- 17 Step your right foot back as well to come into Plank pose (**See resource 9**). Pull your abdominal muscles in and keep your back really straight.
- 18 Try to hold for a full breath and then bend your arms to lower to the floor.
- 19 Inhale and straighten your arms, pulling your body up into Upward Dog (**See resource 10**). Look up and check that your shoulders are not hunched up.
- 20 Turn your toes under and push your body up into Downward Dog (**See resource 12**). Walk the dog by pressing alternating heels to the ground and wag your tail by tilting your hips from side to side.
- 21 Come into Child's pose (**See resource 13**) to rest for a couple of breaths.
- 22 Now turn onto your back and put your hands out with your fingers facing outwards from your body. Lift your tummy up as high as you can. You are now a Crab (**See resource 14**). Can you walk like a crab, keep your tummy muscles strong?
- 23 Can you be a dancing crab by lifting a lowering your legs one at a time. Now put your bottom back down, hug your knees to your body and roll back gently being careful not to bang your head if you are not using mats.
- 24 Stay lying on your back and stretch your feet straight up in the air into Candle pose (**See resource 15**). Can it feel relaxing to do this; your feet waving like candle flames in the air?
- 25 Bend your knees and see if you can bring the soles of your feet together. Can you rub the soles against one another and the palms of your hands against one another while lying on your back. This is Cricket pose (**See resource 16**).
- 26 Let's move onto our last pose for today; Bow pose (**See resource 17**). Lie on your tummy and bend your knees to bring your feet into the air.
- 27 Reach your hands behind you and grab your feet.
- 28 Inhale and curl your spine up and look to the sky. Feel the stretch.
- 29 Come back to lying for a couple of breaths then repeat.

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.

VARIATION

Cobra (**See resource 11**) is fine for those who cannot lift their body off the floor.

Conclusion (5 minutes)

- 1 Ask pupils to roll onto their backs into Savasana pose (**See resource 18**). Their body relaxed, feet floppy.
- 2 Ask pupils to bend their knees and put their feet flat on the floor then open up their knees to relax them to the sides in Lying Butterfly pose (**See resource 19**).
- 3 Encourage them to relax their legs outwards to open up their hips but not to force them.
- 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. Let pupils relax for a few breaths. You could read a meditative poem at this time.
- 6 When the time is up say '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.
- 7 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.

LEADERSHIP OPPORTUNITY

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