

Main (20 minutes)

- 1 We are going to do some Sun Salutations now. It is important to try and join your movements with your breath.
- 2 Inhale and raise your arms straight up to the sky to salute the sun.
- 3 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?
- 4 Inhale and put your hands on your shins, keep your legs and spine straight and look up.
- 5 Exhale and fold down again, trying to stretch your spine more.
- 6 Inhale and as you lift your body up and stretch your arms back to the sky.
- 7 Exhale and bring your arms down to your sides.
- 8 Repeat the sun salutation a couple more times.
- 9 Now sit in Easy pose (**See resource 8**), Lotus (**See resource 9**) or Butterfly (**See resource 10**).
- 10 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.
- 11 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.
- 12 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.
- 13 Lie on your back. Stretch your legs out firmly and press your thighs into the floor with your toes pointed up as if you were standing. Stretch your arms down by your sides. This is called Lying Mountain pose.

VARIATION

Give pupils a choice when seated for relaxation about the way that they rest their feet; cross-legged, butterfly, lotus. Unless a pose requires a particular starting position.

VARIATION

If any pupils 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.

- 14 Curl up your knees and grasp them to your chest. Roll your head towards your knees to bring you to Ball pose (**See resource 11**). Can you touch your knees with your nose? Do you feel your core muscles working?
- 15 Now come into Table pose (**See resource 12**). Can you remember how to come into cow, moved to scared cat and back to cow? Move into Cow pose (**See resource 13**) by arching the back down with the belly-button towards the floor. Lift your head up to the sky, breathe in and give a long 'moo' when you exhale.
- 16 Inhale while you rotate your spine into an arch away from the floor and drop your head to look towards your belly button in Scared Cat (**See resource 14**).
- 17 Exhale and come into cow. Repeat this rotation a few times. Feel the stretch and movement in your spine.
- 18 Come back to table and turn your toes under pushing your bottom up into Downward Dog pose (**See resource 15**).
- 19 Walk the dog and wag your tail.
- 20 Now, keep your arms strong and bring your spine into a straight line from neck to feet to come into Plank (**See resource 16**).
- 21 Drop your body all the way down into Cobra (**See resource 17**) (body touching the floor) or Upward Dog (**See resource 18**) (body suspended between your hands and feet).
- 22 Come back to Downward Dog (**See resource 15**).
- 23 Now come to kneeling but do not sit back on your legs.
- 24 Bring your hands to your lower back with your fingers pointing downwards.
- 25 Inhale and open up your chest. Now try to reach back with one hand to grasp your heel. Then repeat with the other hand to bring yourself to Camel pose (**See resource 19**).
- 26 Press your hips forward and lift your chin to the sky. Take a few breaths like this then move one hand at a time to your lower back to support you as you straighten up.
- 27 Come into Child's pose (**See resource 20**) to rest for a few breaths. Then come back to Camel and back to Child's pose.
- 28 Let's move onto our last pose for today; Bow pose (**See resource 21**). Lie on your tummy and bend your knees to bring your feet into the air.
- 29 Reach your hands behind you and grab your feet.
- 30 Inhale and curl your spine up and look to the sky. Feel the stretch.

VARIATION

If pupils cannot reach their heels, they can try turning their toes under to bring their feet up a bit.

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Come back to lying for a couple of breaths then repeat.

Conclusion (5 minutes)

- 1 Ask pupils to roll onto their backs into Savasana pose (**See resource 22**). Their body relaxed, feet floppy.

- 2 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.

- 3 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.

- 4 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.

- 5 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. Some pupils will benefit from a weight upon them when they relax such as a heavy blanket tucked under their body to enclose them. Encourage individual choice in this so that children find what feels best for them.

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.