

# YOGA - STRENGTH

## LESSON 1: Super Hero Strength Training

Use alongside Strength Cards



### Introduction/Welcome

Chimes/Singing Bowl x 3

What is Yoga good for?

'Yoga is good for my Body, Yoga is good for my Mind, Yoga is good for my Spirit.'

'Yoga is good for me, Yoga is good for you, Yoga is good for everyone.'

### WARM UP - 5 mins

Sun Salutation Sequence

Let's do our Sun Salutation Song





Benefits - Stretches and strengthens the whole body.

Begins to teach linking the movement with the breath.

**Learning Objective:** To encourage children to explore their super powers and how strong they can be in different situations.

Let's bring out our inner superheroes with a visit to Superhero School.

Ask the students: "What do you know about superheroes?" They save the day and they have super powers. They wear costumes. They might fly or run fast. They are brave and have extra strength.

1. 	<b>BATMAN BREATH</b>	Let's go to Superhero school. First we need to fill our bodies with energy. So let's start with superhero breathing.	Kneeling, breath in and lift your batman wings up high, breath out and bring them back down to your sides.	MUSIC: Batman Theme - Neal Hwfti
2. 	<b>PLANK</b>	Superheroes need to be strong. Let's do a plank pose to build some strength.	See Plank Card Do strength challenge	MUSIC: Holding Out for a Hero - Bonnie Tyler
3. 	<b>WEIGHT LIFTER</b>	"Let's see how strong we are by trying to lift a car!"	See Weight Lifter Card Use 3 stages as on card.	MUSIC: I've got the Power Snap
4. 	<b>BOAT</b>	Another strength-building posture to help us be strong from the inside out - from our core.	See Boat Card Practice modified version and the challenge.	MUSIC: Holding Out for a Hero - Bonnie Tyler


# STRENGTH

# YOGA - STRENGTH

## LESSON 1: Super Hero Strength Training

Use alongside Strength Cards



<p>5.</p> 	<h3>WEIGHT LIFTER</h3>	<p>"Let's see how strong we are by trying to lift a house!"</p>	<p>See Weight Lifter Card Use 3 stages as on card.</p>	<p>MUSIC: I've got the Power Snap</p>
<p>6.</p> 	<h3>WORM</h3>	<p>Let's see if you can fly like superman, while lying on the mat. This pose makes our backs super strong.</p>	<p>See Worm Card Complete in stages. 1. Lift one arm, then the other, then both. 2. Repeat with legs. 3. Complete full posture, using teaching tips.</p>	<p>MUSIC: Main Theme (From Superman) The City Prague Philharmonic Orchestra</p>

### Relaxation

Chimes/Singing Bowl x 3

Final Stretch and breathing Technique - See Breathing Technique cards.

MUSIC - Fly Away Lullaby - Gary Stadler


Lying down on your backs, on the floor. Close your eyes or look at the lights. Try keep your body still and begin to relax it down into the mat. How still can you keep your body? Take a deep breath in and a long slow breath out X 3.

Close your eyes, be very still and imagine you are standing in a room. The room is completely empty apart from an enormous wooden wardrobe. This is a magic wardrobe Inside the wardrobe is a collection of wonderful super-hero costume. Choose whichever costume you like – hulk, Thor, Elastigirl, Wonder Woman. The choice is yours. Put on the costume and step inside the enormous wardrobe. You notice there is a sign saying THIS WAY. You follow the sign and find another door inside the wardrobe. Go through the door that will take you into a magical super hero world and you have all the super powers you have ever wished for.

You have a very special job to do. To help others and save the day. How would you help others? How would you show the qualities of a superhero? Bravery? Courage? Kindness? Strength? Confidence? Know that you can do anything if you put your mind to it. How does it feel to be your favourite superhero? How does it feel to be brave, courageous, kind, confident and strong? How would you feel if you saved someone's life or helped someone or made someone happy? This really is a most fantastic magical land. It feels as if you are in a wonderful dream-land. Now it is time for you to go on an amazing adventure in this wonderful land. Just let your mind be free, and use your imagination to have an exciting, magical adventure.

And, when you are ready, step back through the magic door walk through the wardrobe, come outside and take off the costume and put it back on its hanger inside the huge wardrobe. Shut the door - until you are ready to come back and have another adventure one day.

Now begin to bring some movement back into your body. Wiggle your fingers and your toes. Stretch your body into a long piece of spaghetti, bring your knees into your chest and gently roll yourself up to sitting.

<p>7.</p> 	<h3>GOODBYE</h3>	<p>Move thumb over fingers - See Breathing Technique cards "Peace Begins With Me"</p>	<p>Goodbye Song</p>	<p>Yoga's Over X 2 It's time to go X 2 We've had fun learning X 2 Let love grow Let peace grow.</p>
--	------------------	---	---------------------	---

# STRENGTH