

YOGA - STRENGTH

LESSON 2: Super Hero Strength

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.

Now we've been to Super Hero School, let's explore some of your favourite super heroes. Use the super hero examples below and then ask pupils to suggest their own super heroes. Which yoga posture or breathing technique would match their chosen super hero?

1. 	BATMAN BREATH	Before we start we need to fill our bodies with energy. So let's start with superhero breathing.	Kneeling, breathe in and lift your batman wings up high, breathe out and bring them back down to your sides.	MUSIC: Batman Theme - Neal Hwfti
2. 	IRON MAN	Be as strong as Iron like Iron Man.	See Plank Card Do strength challenge	MUSIC: Iron Man 3 - Original Motion Picture Soundtrack
3. 	WOLVERINE	Let's get our retractable claws hands out like Wolverine.	See Witch Card	MUSIC: X-Men First Class Henry Jackman
4. 	ANT MAN	Let's test our strength by walking like an Ant like Ant-man.	See Crab Card See cautions and teaching tips	MUSIC: It ain't over till the wasp lady stings - Original Motion Picture Soundtrack

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<p>5.</p>	<h3>SUPERMAN</h3>	<p>"Let's see if we can fly like Superman!"</p>	<p>See Aeroplane Card Use modifications if needed.</p>	<p>MUSIC: Main Theme (From Superman) The City Prague Philharmonic Orchestra</p>
<p>6.</p>	<h3>HULK</h3>	<p>Who is the strongest super hero? Yes, that's right - The Hulk. Let's do the Hulk Smash</p>	<p>See Lobster and House Card Move House pose into Lobster.</p>	<p>MUSIC: We will rock you Queen</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>
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