

LESSON 6: Strength Sequence

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 learn how to link postures together in a sequence.

In yoga we move in and out of postures slowly and mindfully to keep safe and avoid injury. The Sun Salutation is a sequence of postures that flow easily together. Today we will practice creating a strength sequence. Let children choose 6 cards as a whole class and then discuss and explore the best way to link them. You can then get children to work in groups of 6 to create their own sequence with 6 cards in. This class can even be spread across 2 weeks. See below a strength sequence example.



<p>1.</p> 	<h3>MOUNTAIN</h3>	<p>It is a good idea to start in a standing posture. If you have a couple of standing postures, then link them all together in your sequence.</p>	<p>See Mountain Pose in Balance Cards</p>	<p>Get Pupils to pick a song about strength to play with their sequence. See some strength inspired songs below as examples.</p>
<p>2.</p> 	<h3>KANGAROO</h3>	<p>Transition by bending knee into Kangaroo to build strength in the legs.</p>	<p>See Kangaroo Card Hold Kangaroo for at least 3 breaths.</p>	<p>Feeling Good Nina Simone</p>
<p>3.</p> 	<h3>RUNNERS LUNGE</h3>	<p>Transition into Runner Lunge by bringing your right leg back.</p>	<p>See Runners Lunge Card. Make sure your knee is directly over your ankle. Keep a long spine. Hold for 3 breaths.</p>	<p>Heroes (We could be) Alesso</p>
<p>4.</p> 	<h3>PLANK</h3>	<p>Step your front leg back into Plank..</p>	<p>See Plank Card Ensure your heels, hips and shoulders and in a straight line, like a plank of wood. Hold for 3 breaths.</p>	<p>Firework Katy Perry</p>

STRENGTH

LESSON 6: Strength Challenges

Use alongside Strength Cards



<p>5.</p> 	<p>TIGER</p>	<p>Bring knees down onto all fours and then move into Tiger Posture,</p>	<p>See Tiger Card. Do both sides.</p>	<p>This Is Me Keal Settle & The Greatest Showman</p>
<p>6.</p> 	<p>OWL</p>	<p>From all fours, walk hands towards body to transition into Owl Pose.</p>	<p>See Owl Card Do 3 Owl breath's</p>	<p>Hall of Fame The Script</p>

Continue

Continue sequence and ensure both sides of the body equal by following the sequence from Owl Pose in reverse to return to Mountain Pose. Then repeat by bring your left leg back into Runner lunge. It may be nice to finish in Mouse Pose (see Inversion Cards).

Make sure pupils incorporate both sides of the body when creating their own strength sequence.

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 to 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.

Imagine you are lying down in the warm sun. The sun is helping your body to relax. You can feel the sun shining down on you toes and feet, helping your toes and your feet to relax. The sun shines down upon your legs, relaxing your ankles, your calves, knees and thighs. This wonderful warmth now moves up to you hips and your tummy and your hips become relaxed and your tummy becomes soft. The warmth of the sun now moves to your chest and your chest relaxes helping you breath with ease. Your shoulders and arms now feel the warmth of the sun and they soften and relax. Your hands feel relaxed and warm as your fingers gently curl. You begin to feel the warmth of the sun on your neck and then slowly your face, as your cheeks relax, your forehead, your lips and your jaw. Your whole body is relaxed, still and calm enjoying the warmth of the sun filling you with light, positivity and energy.

This energy from the sun reminds you of how strong and determined you are. You know you can achieve your dreams and goals. You believe in yourself and your abilities. You know you have the confidence and courage to be brave, try new things and make your dreams happen. Repeat this mantra 'I believe in me' X3.

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> 	<p>GOODBYE</p>	<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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STRENGTH