

Active Ideas



Yoga Poses

Obstacle Course

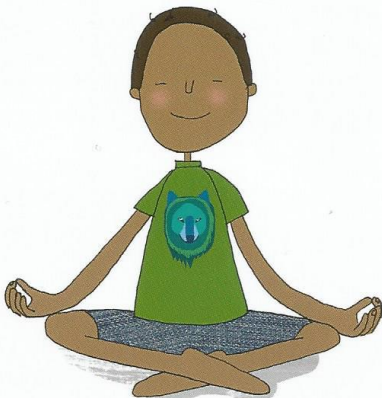
Different Speeds

Design a Poster

Yoga Poses

- Teach the following 6 yoga poses to someone in your house.
- Practice them and learn the words to go with the action.
- You could make up a short story using all the poses.

Sit with your legs crossed
With your index finger and thumb together
Resting on your lap
Close your eyes
Straighten your spine and breathe calmly
In and out, like the ocean greeting the shore



Easy Pose

From your knees bring one leg forward
Breathe in dragon air arms up high
Then Haaa out your dragon breath
Watch out for all the fire



Dragon

FIRE

Take one foot behind you
Hold it with your hand
Other arm straight and strong
Rise up from the land

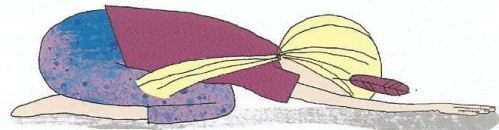


Dancer

FIRE

Sit on your knees
Fold forward and stretch your arms out long
Place your forehead on the earth
Rest & breathe knowing you belong

Rock



EARTH

Sit down
Legs and arms out wide
Bend your arms over
Flow like the river from side to side

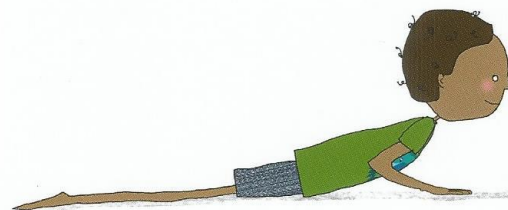


River Flow

WATER

Lie on your front
Hands under your shoulders
Push your upper body up
Sssslithering up over a boulder

Cobra



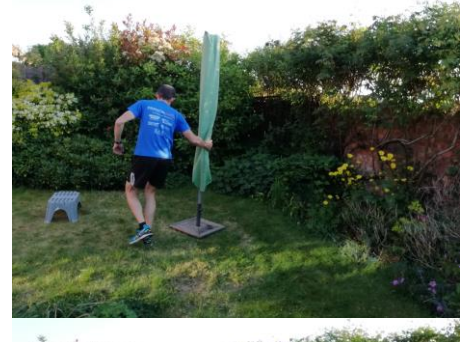
EARTH

2. Obstacle Course

With an adult, make a small obstacle course in your house or garden.

You could:

- 1. Crawl through some chair legs
- 2. Jump over a box
- 3. Go round a washing line
- 4. Move through a hoop
- 5. Do 10 star jumps



3. Different Speeds

- Day 1 With an adult, walk a short route from your house somewhere and then back to your house. You could find out how far you went.
- Day 2 Repeat the same route, but power walk the route so that you complete it more quickly.
- Day 3 Repeat the same route, but do a mixture of skipping or Jogging.
- Day 4 Finally, repeat the same route but this time jog or run the whole distance.

4. Design a poster

- Think about what it means to keep 'Active and Healthy.'
- Can you design a colourful poster to show Mr Wright the sorts of things you have been doing during your time away from school?
- Your ideas could be linked to:
 - ✓ Exercise
 - ✓ Eating
 - ✓ Washing
 - ✓ Drinking
 - ✓ Sleeping
 - ✓ Being happy
 - ✓ Thinking positive