

## Year 1 and 2 - P.E Home Learning– W/C 22<sup>nd</sup> June

I hope you and your family are staying fit and healthy. Here are some more yoga practices for you and your family to try! Try each pose for 5 seconds every morning and afternoon this week. Please make sure your area is safe and you have permission from an adult first. Have fun and take care, Mr Coulling.



### Partner Crescent Moon Pose

Stand next to each other about one arm's length away from each other. Stand tall in Mountain Pose with your own big toes touching and heels slightly apart. Take your inside arm and place it gently on your partner's inside waist. Your arms will be crisscrossed, with your elbows nearly touching. Take your outside arm up overhead, tilt your torso inward, while shifting your hips away from each other. Grab each other's elbows gently overhead and feel a gentle stretch on the outer side of your body. Keep your hips and shoulders facing forward. Tilt inward only as far as feels comfortable for you. Stay in the pose for a few breaths and then signal to each other to come out of the pose at the same time.

### Partner Crescent Moon Pose



### Partner Chair Pose

Stand tall in Mountain Pose with your feet hip-width apart while facing each other. Reach out and grab your partner's hands in front of you. Bend your knees and keep a straight spine. Sit down into an imaginary chair and lean back, relying on the support of your partner's grasp. Sit as deeply as feels comfortable for both partners. Come out of the pose at the same time.

### Partner Chair Pose



## Partner Extended Side Angle

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Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Step one foot back, angling it slightly outward. Keep your torso straight and bend your front leg. Tilt your upper body forward, rest your front elbow on your thigh (or take your hand to the floor), and reach your other arm straight up to the sky. Look up and take a couple of deep breaths. Repeat on the other side, but this time, set it up so that you and your partner are practicing the Extended Side Angle poses one in front of the other. One person has their bent leg to the left and the other partner has their bent knee to the right, so that your poses are staggered. Reach your arms up and touch palms at the top.



## Partner Lunge Pose

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Facing each other, come to Downward-Facing Dog Pose so that your head and hands are close together and your feet are pointing opposite directions from each other. From Downward-Facing Dog Pose, step your right foot forward to rest just inside your right hand. Keep a flat back and open your chest. Drop your left knee to rest on the ground. Slowly lift your hands, come to an upright position, look at your partner, and press your palms together. Hold the pose for a few moments and then come out of the pose together. Switch sides and repeat the steps.



## Partner Hero Pose

Come to rest upright on your heels while facing each other, with your knees almost touching. Place your palms on your knees. Lift your hands and press your palms together with your partner's palms and raise your arms together. You can either look at each other or up at your hands. Take a few moments here and then come out of the pose together.

## Partner Hero Pose