

## Year 1 and 2 - P.E Home Learning– W/C 15<sup>th</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.



### **Extended Mountain Pose**

Stand tall in Mountain Pose, inhale, look up, and raise your arms straight up to the sky. Then exhale and bring your arms back down alongside your body. Repeat the inhale, raising and lowering your arms, for a few breaths.



### **Standing Half Forward Bend**

Stand tall with your big toes touching and your ankles slightly apart. On an exhale, bend your upper body and drop your hands down to your toes. Hang your head, relax your shoulders, and reach for your toes. On an inhale, come up to a flat back and gently rest your palms on your calves. Look slightly forward in front of your feet and ensure your spine is straight. Hold this pose for a few breaths then release your hands back to your toes.



### **Pigeon Pose**

From an all-fours position, bring your right knee to rest behind your right hand, angling your right foot slightly inward. Gently take your buttocks down to the ground with your left leg extended straight out behind you. You might try placing a block under your right thigh. Keep your palms flat on the ground on either side of your right knee and look forward, keeping a straight spine. Repeat on the other side.



### **Extended Child's Pose**

Sit on your heels, slowly bring your forehead down to rest in front of your knees, place the palms of your hands flat out in front of you, and take a few deep breaths.



### **Lying Twist**

Lie flat on your back. Bend your legs and bring your knees together. Take your arms out parallel to the sides. Drop your knees over to the left and turn your head to look out to the right. You could take your left hand on top of your bent legs. Come back to center and repeat on the other side.