

### Week 4 – Yoga Pose Cards

Hi Everyone,

We hope you are all keeping well. We both miss seeing you every week for your PE lessons and hope that you are enjoying your PE tasks and videos that we are creating.

For your PE activity this week we have attached 12 Yoga Pose Cards for you to try, all you need to do is follow the simple steps below.

- Find a space to practise these poses – carpet will be fine if you don't have a fitness mat or alternatively a blanket on the floor will also be ok.
- Have a go at performing the different poses on each card – can you hold each pose 'really still' like a statue and count to 3 before you release?
- Like we do in gymnastics can you now try to link some of these cards together to make a sequence? (You perform each pose one after another).

Reception – can you link 4 pose cards together?

Year 1 – can you link 6 cards together?

Year 2 – can you link 8+ cards together?

- You could number the cards 1-12 and roll 2 dice and let the dice choose the order in which you perform the poses.
- Some of you may even try to link the poses so that they flow easily from one to another.

Family Challenge – can you get the whole family involved? Can you teach your family members your yoga sequence?

There is also a really good online yoga website. If you click on the link below it will take you to the website of 'cosmic yoga' – you simply then choose the length of the routine and the story you would like to hear.

<https://www.cosmickids.com/category/watch/>

Don't forget you can send us some pictures of your yoga on the new school Facebook page. Take care and we hope to see you all very soon,

Jenny & Abi