

Relaxing Rudolph



Ask the pupils to find a space where they have room around them to sit, stand, stretch and lie down. Guide the pupils through each yoga pose using the lesson plan to adjust the time the pose is held for (dependent on class).

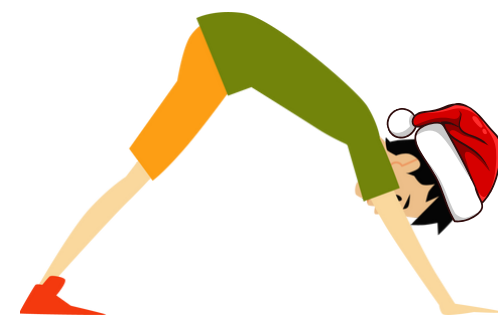
Relaxing elf



Up high



Downward elf



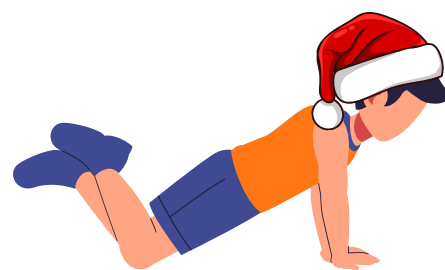
One legged prayer



Lunge



Plank



Heroic elf



Chest
Heart &
Stroke

Relaxing Rudolph



Additional instructions to help explain each yoga pose to the pupils

Relaxing elf

- Sit on the floor with your back straight
- Place your legs like they are crossed but instead of crossing them, place your feet together instead
- Touch your hands to your feet and relax
- Focus on your breath and hold this pose for your allocated time

Up high

- Stand up straight
- Place your arms up above your head and reach towards the sky
- Focus on your breath and hold this pose for your allocated time

Downward elf

- Stand up straight to begin
- Then, place your hands out in front of you on the ground with your back straight
- Bend your knees if it is easier
- You should appear in a triangle shape now (see image)
- Focus on your breath and hold this position for your allocated time

One legged prayer

- Stand up straight
- Take one leg and place your foot on the side of your knee
- Hold your hands in a prayer position to help with your balance
- Focus on your breath and hold this pose for the allocated time. Remember to do this for both legs

Lunge

- Stand up straight
- Place one leg out in front of you in a lunge
- Let the other leg remain in place behind you and feel a stretch in your forward leg
- Raise your arms up above your head and hold
- Focus on your breath and hold this pose for the allocated time. Remember to do this for both legs

Plank

- Lie down on the floor with your belly on the ground
- Place your hands in front of you and push yourself up keeping your knees on the floor for balance
- For KS2 to make it harder: pupils can do plank as normal with feet on the floor (knees off the floor)
- Focus on your breath and hold this pose for your allocated time

Heroic elf

- Sit on the floor with your feet underneath your bottom
- Rest your arms on your legs and keep your back straight
- Feel the stretch
- Focus on your breaths and hold this pose for your allocated time

