

Priory School's Creative Yoga with Mr Croker

Lesson 2



Virtual
SCHOOL
GAMES



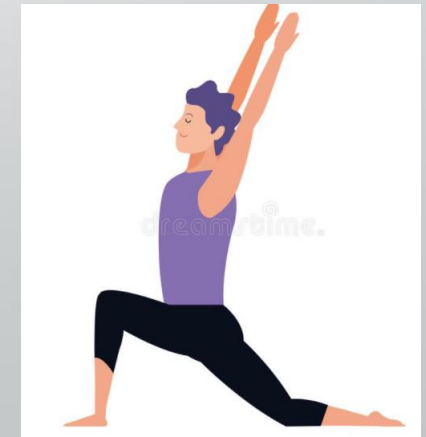
Watch the YouTube video of Mr Croker's lesson

- <https://youtu.be/BdsKnDqKtsE>



Why YOGA?

- Stress and anxiety release
- Improves flexibility and strength
- A great way to stay physically active
- Improves posture





Yoga Learning objectives

- To demonstrate good balance
- To continue to become familiar with new poses





Low warrior

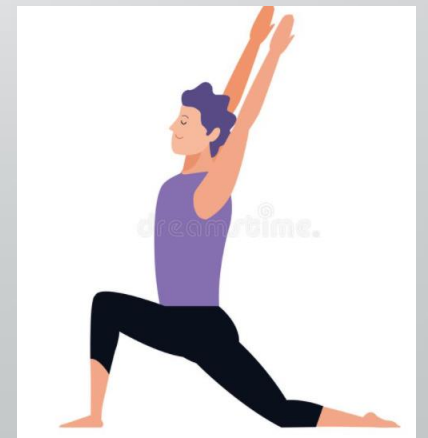
- Low lunge
- Arms travel from your side and connect above your head.
- Hold for three seconds then swap your front leg.





Balancing Warrior

- Stand in a one legged balance
- Airplane arms
- Hold for three seconds then swap legs





The triangle

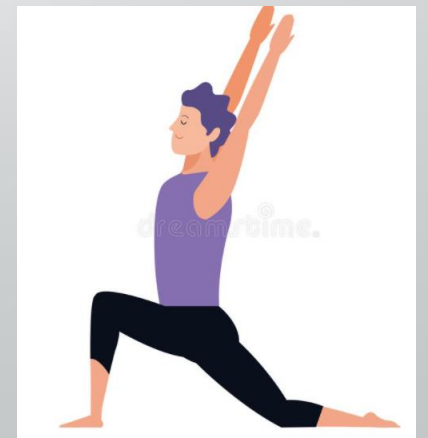
- Step wide
- Reach with both arms down to one side hold for three seconds
- Then repeat on the other side





Balancing Boat

- Sit on the floor
- Lift your legs up and balance in a v shape
- Hold for three seconds and then relax before repeating



Three Legged Dog

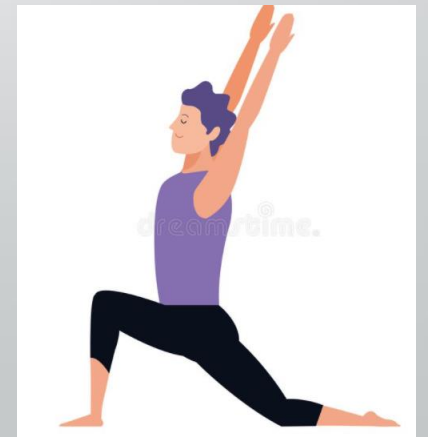
- Start in a press up position/ front support
- Tuck your chin in so you are looking between your knees
- Lift one leg off the floor hold for three seconds and then swap legs.





Yoga game

- Can you remember the yoga poses.





See you next time

- Remember to send your photos into;
- PE@priorschool.com

