



# Priory PE Creative Yoga With Mr Croker Lesson 1

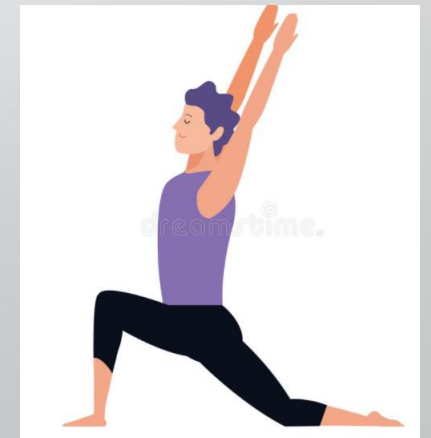
Introduction to Yoga





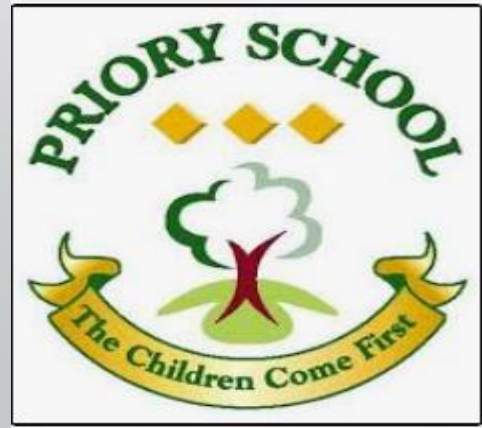
## YouTube lesson with Mr Croker:

- <https://youtu.be/z4ZthtTnWyl>



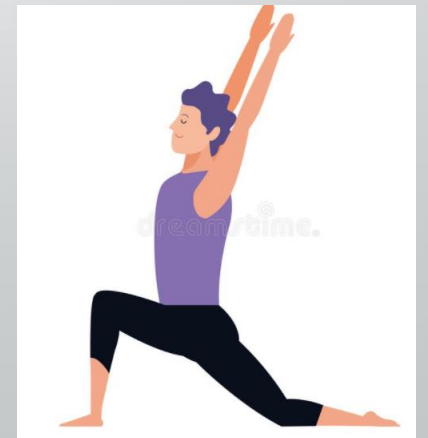
# Why yoga?

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



# Yoga Learning Objectives

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



# Pose 1- the lotus flower

- Sit down on the mat
- Bottom of your feet touching each other
- Sit with a nice straight back
- 5 deep breaths

## Pose 2- superhero

- On your hands and knees on the floor
- Extend your opposite arm and leg and hold for 3 seconds
- Bring your opposite arm and leg back to the floor and repeat with your other arm and leg.

## Pose 3- the rainbow

- Start with feet shoulder width apart and hands above your head
- Lean to one side and hold for three seconds
- Lean the other way and hold for three seconds
- Return to standing straight with arms above your head.

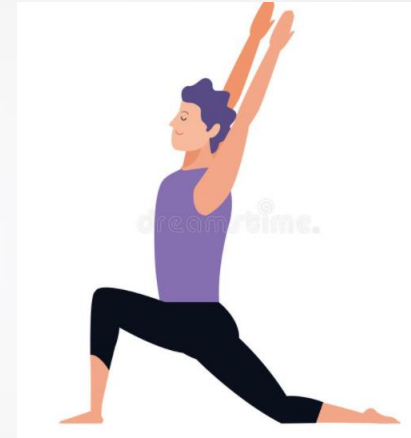
## Pose 4- the tree

- One foot off the floor resting above you opposite legs knee
- Hands together in the air above your head.



## Pose 5- the half star

- Stand with your feet wide
- Arms in the air above your head
- Bend over forwards and touch the floor



# See you next time!

Don't forget to send in your pictures and videos to celebrate your work to [PE@priorschool.com](mailto:PE@priorschool.com)