

Pride

5m 49s

This session is categorised as: Learning (science), Strength, Breathing Exercises, Small Space, Beginner.

Let's celebrate lions, and the courage, strength and power they signify.
A great all-round session including breath work, stretching and strength exercises.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Lion Roar	Do the Lion Roar seated	You can do the Lion Roar silently as you're getting the hang of it (or in places when you need to be quiet, such as in class)	As you breathe out, try doing a louder Lion Roar	* Breathing in through your nose and out through your mouth * Shoulders kept down and back
Cat Stretch	Curl forwards and arch your back up as high as you can (angry cat). Then sit up straight and push your chest out (happy cat).			* Hands under your shoulders and knees under your hips * Neck relaxed



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Koala Balance	Sit in a sturdy chair (with the chair back against the wall to be extra safe). Wriggle forward in your chair and raise your arms straight up beside your ears. Scoop your tummy in and lean slightly back to engage your tummy muscles (without touching the back of the chair). Lift one foot off the floor also if possible.	Do the Koala Balance with: - Your feet closer to the floor, or - Only one foot lifted	* Try the Koala Balance with straight legs. * While holding the Koala Balance, slowly reach your left hand to touch your right foot, then reach your right hand to your left foot. How many touches can you do?	* Tummy scooped in (tummy muscles squeezed) * Shoulders relaxed and arms crossed on chest * If your lower back hurts, rest then try again (focusing on squeezing your tummy)
Kangaroo Jump	Do a jumping motion with your arms (and legs if you can), like you're propelling your body to jump up high in the air.	* Walk around the room, and stop quickly when your teacher or parent says "stop". * Sit still on an exercise ball, focusing on your balance.	Jump higher (making sure to land softly with bent knees).	* Feet hip-width apart * Bent knees at take off and landing (to help absorb impact) * Using your arms to help you jump higher



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Lion Lunge	Lift one leg off your chair, hold for 3 seconds, then lower. Switch legs and keep repeating.	Step forward and then back again, without lungeing down. Focus on your balance and keeping your hips level.	Try walking lunges around the room.	* Bending both knees (to achieve right angles in both knees) * Hips facing straight ahead * Body upright (not bending forward) * Feet hip-width apart * Front knee behind the front toes. To achieve this: take a large step forward, and keep your weight balanced on both the front and back foot.
Bee Buzz	Do Bee Buzz in your chair		* Make your "buzz" or "hmmm" sound last even longer, by letting the air out more slowly * After your breathe in, try holding your breath for 3 seconds before breathing out	* Sitting tall * Breathing in through your nose * Slow, controlled breath out