

The Secret Life of Pigeons

5m 39s



Let's discover the wild world of pigeons! This session will take your students on a fun journey of dancing, great balancing and relaxing stretches while learning all about pigeons.

This session is categorised as: Learning (Science), Small Space, Balance & Flexibility.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Pterodactyl Take-off	Sit with your arms out straight and lean over towards one side. If possible, slide the leg you're leaning towards out wide to the side.		While doing Pterodactyl Take-off... - Lift the heel of your bent leg off the floor, or - Move your back arm down along your straight leg and reach your front arm up towards the ceiling. Arch your body over towards your straight leg, looking up towards your hand.	* The foot on your bent knee facing to the side and the foot on your straight leg facing forward. * The knee of your bent leg above your ankle * Shoulders down and back * Chest upright * Arms straight out to the sides



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Swan Glide	Do the Swan Glide in an upright seated position, or leaning forwards from your waist.	Do the Swan Glide with... - Your feet hip-width apart on the floor - Your body more upright	In the swan position, hold your wings up for as long as you can	* Back straight * Tummy muscles switched on * Shoulders down and relaxed
Seagull Hop	Hop or lift one foot off the floor. Use your arms to propel the 'hop' or to lift your thigh up off your seat	Do smaller hops. Build up the height of your hops as your strength and balance improve.	Hop in different directions. Try forwards and back, and side to side.	* Soft, quiet landings (bending ankles, knees and hips) * Support leg bends on landing, then straightens to push off * Lands and pushes off on the ball of the foot * Head and trunk stable, with eyes looking forward * Arms swinging forward as the support leg pushes off (to help propel your body up into the air) * Non-support leg bent and swings in rhythm with the support leg * Maintaining balance for consecutive hops * Hips staying level



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Peacock Pose	Lean forward from your hips with your back straight. Clasp your hands behind your back. Lift your arms as high as you can (with back straight and chest proud).		Try doing Peacock Pose balancing on one foot	* Standing tall (chest upright) * Shoulders down and neck relaxed
Pigeon Pose	Same as the standard Pigeon Pose		Try Pigeon Pose on the floor... 1. Step your right foot back and lunge down to kneel on your right knee 2. Slide your left foot to the right, and place your hands on the floor in front of you 3. Slide your right leg back as far as you can 4. Lower your left knee and hips towards the floor	* The front leg ideally parallel with the pelvis (hip bones) * Pelvis (hip bones) facing straight forwards * Back leg in a straight line behind you