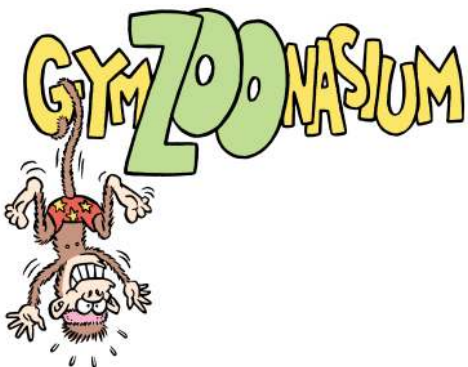




YARRAMAN STARS

4m 08s



Do you have what it takes to be a Yarraman Star? 'Strive to excel' with this special session designed by Yarraman State School's awesome prep-year 1 students!

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
Forest Floss	Do the Forest Floss in your chair	* Slow it down * Practise the Forest Floss hip movement by itself. Then practise the Forest Floss arm movement by itself.	Speed it up	* Arms swinging in the opposite direction than hips * Legs and arms straight



Movement	Seated modifications	Other modifications	Progressions	Watch points
Wolf Tilt	Do the Wolf Tilt seated			* Sitting or standing up tall * Keeping shoulders level * Slow, gentle stretching
Llama Stretch	Lift your left ankle and place it on top of your right knee. Gently lean forwards, keeping your back long and straight. Use your left hand to gently press your left knee down.	Do this stretch standing by taking a big step forward. Tuck your "tail" (bottom) down and bend your front knee slightly. Reach your hands to the sky.	While doing the Llama Stretch, lift your back foot and use your hand to pull the foot towards your bottom	* Bottom tucked down (like a naughty puppy) * Hips/pelvis facing straight forwards
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
Butterfly Breathing	Do Butterfly Breathing in your chair, using your arms as your butterfly wings.			* Breathing in time with your 'wings' * Breathing in through your nose and out through your mouth * Back straight, and shoulders relaxed down