

LO: To create and hold basic shapes with our bodies.

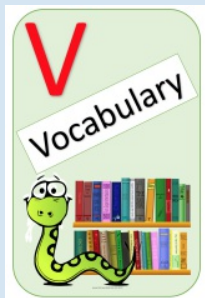
pike

tuck

tall/
small

wide/
thin

balance



PE!



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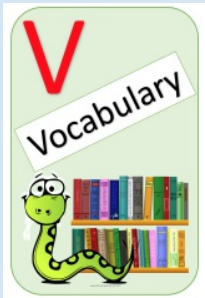
pike

tuck

tall/
small

wide/
thin

balance



Challenges!

Make yourself as **tall** as possible!

Make yourself as **small** as possible.

Make yourself as **wide** as possible.

Make yourself as **thin** as possible.

Have a go at making yourself into different letters of the alphabet.

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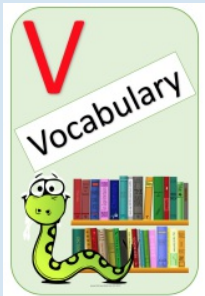
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Challenges!

Try a pike sit.

Try a straddle sit.



Mindful Time



Cosmic KidsYoga Adventure - Minecraft

YouTube Link: https://www.youtube.com/watch?v=02E1468SdHg&list=PL8snGkhBF7nhEquR7wXbzIXjFrIXsze_H