

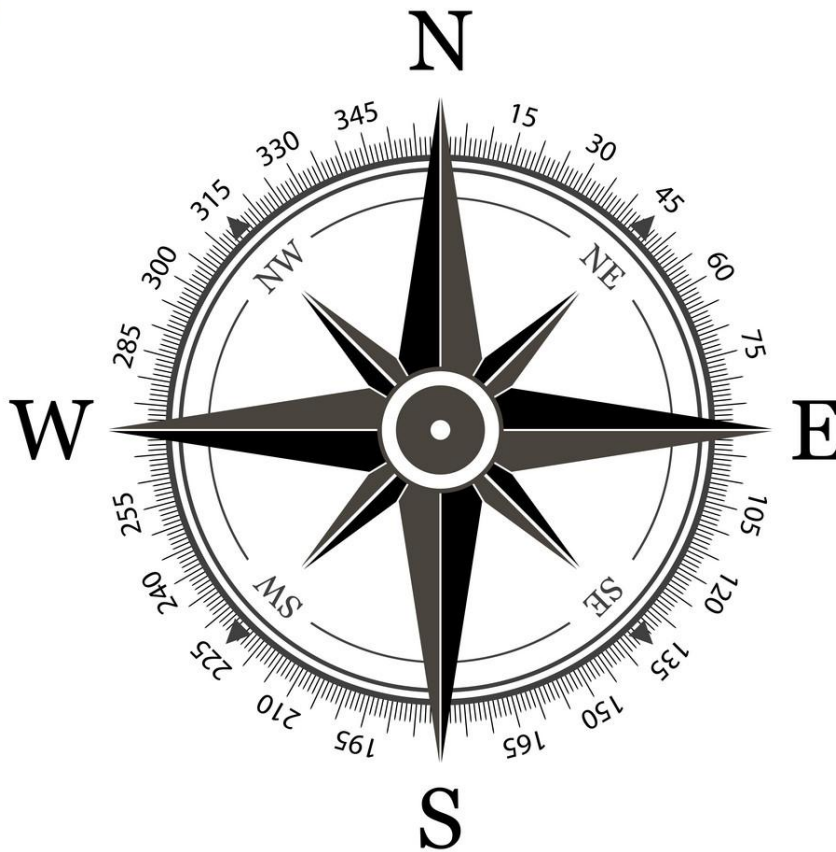
## WHICH DIRECTION WILL YOU CHOOSE TODAY?



**I CAN BREATHE LIKE A ...**



**WHICH WAY?**



**ACTIVITY WALK**



## BALANCE YOGA FLOW SEQUENCE



## I CAN BREATHE LIKE A \_\_\_\_\_

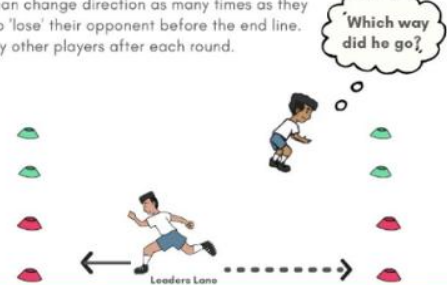
Cat - Meow	
Cow - Moo	
Snake - Sss	
Lion - Roar	
Elephant - Trumpet	
Bird - Tweet	

## Which way?

What you need: Two lanes, three players minimum.

### How to play:

- Create two lanes 8m in length. One lane is called the leaders lane.
- Two players challenge each other in each round. One player in each lane.
- Both players face each other in the centre of the lanes.
- The player in the leaders lane is the 'leader'. They must try to sprint to pass either end of their lane before their opponent.
- The leader can change direction as many times as they like, trying to 'lose' their opponent before the end line.
- Rotate in any other players after each round.



### Considerations:

- Ensure there is a 2m gap between the lanes.
- Make this easier by decreasing the length of the lane.
- Children waiting need to be 2m apart.

## Activity walk

1. When you go for a walk see if you can find leaves of all of these five trees. Can you find 2 other types of leaves?

Oak leaf

Ash leaf

Chestnut leaf



Beech leaf

Maple leaf

## BALANCE YOGA FLOW SEQUENCE

1. MOUNTAIN POSE 	2. SIDE BEND 
3. KNEE LIFT 	4. AEROPLANE 
5. HIGH LUNGE 	6. MOUNTAIN POSE 
7. DANCER 	8. MOUNTAIN POSE 

2. Can you find a fork shaped twig?

3. How many dogs can you spot on your walk?

4. Spot someone wearing red.

5. Can you spot an animal print?

6. Can you spot 3 different types of birds?

7. Walk for 20 strides then jog for 20. Can you do this for 2 of your favourite songs from the phone. Can this be increased to more song tracks?

8. Can you spot three different types of flowers?

9. Stop and do 20 start jumps, 20 high knees, 20 heel flicks and 20 lunges.

10. Make a small obstacle course with twigs and leaves to create ladders.