Pure Potential – Term 1, Week 1
Salute to the Sun Sequence
LO: To develop children's awareness of their breath and how it can help them to become calm & focused.
SC: Slowing & deepening my breath helps me feel calm & energized.

ACTIVITY	DESCRIPTION	TIMINGS
Centering 	**Hand opening:** Bring palms together in Prayer Pose. Open as slowly as you can, then close as slowly as possible. Then repeat but coordinating with the breath e.g. br in as open, br out as close. • In yoga it is very important to always remember to be kind and loving to ourselves, as well as others. • When we practise postures, this means to only do things that feel good for our body – nothing should ever pinch, pull or hurt. If it does, come out of the posture and rest. • Yoga is non-competitive so we don't compare ourselves to others but instead celebrate the beauty of our individuality – we are all perfect just as we are! • This is called AHIMSA	1 min
Warm-ups	**Hands on knees, legs crossed:** • Br in – br out turn head to R – br in turn head to centre – br out turn head left. X 2 • Br in – br out chin to chest – br in lift head look forward (never tilt head back) X 2 • Br in – br out R ear towards R shoulder – br in head to centre – br out L ear to L shoulder – br in head to centre X 2 • Shoulder rotations forwards and backwards	2 mins

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	• Br in shrug shoulders up towards ears – br out with sigh and drop shoulders (release tension) X 2 • Shake arms and hands – imagine any aches, upsets, negative words falling out of your finger-tips.	
Postures/ Asanas    	Each week we will be learning a new posture which will create a special sequence called a **Sun Salutation**. You can practise it at home to wake you up every morning – it will energise your body and help calm & focus your mind. Stand in MOUNTAIN POSE/Tadasana with hands in Prayer pose – br in & out Br in & raise hands to the sky, looking up & slight BACK BEND (if neck/back ok) Br out & fold forward into FORWARD BEND/Uttanasana with knees bent slightly bringing the hands towards/to the floor Br in & bring hands to rest gently on shins, arms & backs straight, looking forward Br out fold back down to FORWARD BEND	5 mins

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	Br in & roll up gradually back bone by backbone bringing the head up last REPEAT AS TIME ALLOWS	
Balance (if time) 	**TADASANA w closed eyes:** ● Stand in TADASANA - feet hips width apart, tuck tailbone under, draw bellybutton in towards spine, arms hang naturally at sides, shoulders relaxed, chin slightly tucked in, crown of head drawing up to the sky lengthening the spine. ● CLOSE YOUR EYES if you can and see how long you can balance with them closed.	2 mins
Mindful-ness/ relaxation 	**Breath awareness/observation:** ● Comfortable seated pose – cross legged with hands on knees ● Close eyes & come to focus on your breath - where do you feel it in your body? How slow or fast is it? How deep or shallow is it? ● Now imagine you are following your breath as it travels up your nostrils, down your throat & into your lungs, follow it as it travels out of your body from your lungs, up your throat, through your nostrils and out.	2 mins
Ground-ing/ Close	Return to normal breathing keeping eyes closed Bring palms together into Prayer pose and bow forward, blinking eyes open Greet each other with ‘namaste’ (the light in me bows to the light in you) and ‘om shanti, shanti, shanti (peace to all).	

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