



Instructions:

- Before starting, try to find some peaceful yoga music on YouTube or any music sharing app/website.
- If you cannot access any music, try this activity in a really quiet place where you can focus on each of the poses and remaining balanced.
- In Round 1, try to hold each pose for 5 seconds.
- After holding a pose for 5 seconds, move on to the next one.
- Once you have completed all of the yoga poses, start again but this time hold each pose for 10 seconds.

Extra Challenges:

1. Continue to increase the amount of time you hold each pose for.
2. Challenge a partner to see who can hold each pose for the longest time without losing balance.

For Daily Challenges visit:

www.valeroyalschoolsport.org/home-learning

SCHOOL GAMES



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