

This week's challenge!

Each week, your Year 4 teachers would like to set you a challenge. This may be related to your mental or physical health. The challenge could include being active, spending time with your family, learning a new skill or being creative. It is up to you to decide how you are going to complete this challenge! It would be wonderful if we could see how you have completed them. If you'd like to show us, you can email us at **ARHYear4@aldermanrichardhallam.leicester.sch.uk**.



Your challenge this week is to try out different yoga poses. Physically, yoga enhances your flexibility, strength, coordination, and body awareness. In addition, your concentration and sense of calmness and relaxation improves.

You could try mastering a pose throughout a day or practise one pose throughout the week... it's entirely up to you! Have a go at the poses inside the house or outside in the garden. Get your family involved and see who can hold the pose the longest! Remember to practise having a go at the poses safely.

We would love to see you practise your poses so why not take a photo and send it to us via email.

Rainbow Pose



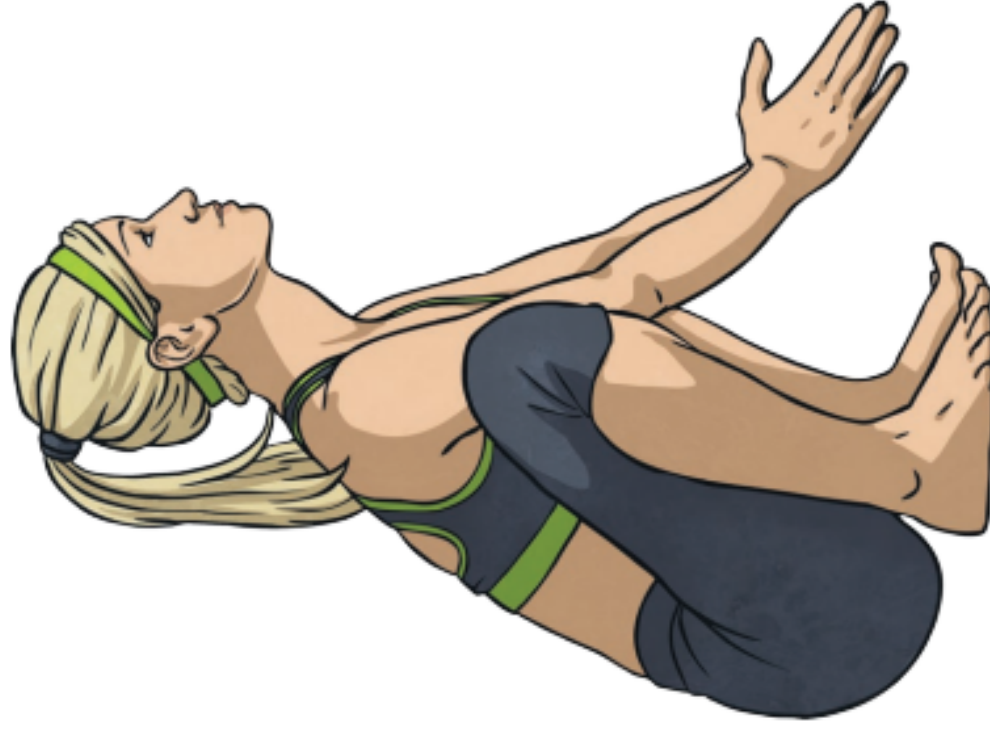
Benefits

Stretches arms, abdominals, spine and chest; calms the mind.

- 1 Start on your knees. Raise both hands over your head.
- 2 Drop one hand by your side, exhale and arch your arm over your body.
- 3 Hold this position.
- 4 As you bring your dropped arm back over your head, straighten your body.
- 5 Repeat on other side.

Frog Pose

Ardha Bhekasana



Benefits

Tones legs and increases hamstring flexibility.

1

Squat on the floor, balancing on your toes, knees spread wide, hands on the floor or out in front of you. Wherever makes you feel most balanced.

2

Look up and inhale. As you exhale, straighten your legs so you are in a standing position, lower your head towards your knees.

3

Return to the first position, then repeat.

Butterfly Pose

Baddha Konasana



Benefits

Calms the body and mind, helps relieve stress, headaches and fatigue

1

Begin by sitting with the soles of your feet together.

2

Wrap your hands around your feet, keep your back straight.

3

Gently bounce your knees to flap your butterfly wings.

Tree Pose

Vrikshasana



Benefits

Improves balance, strengthens thighs, calves and ankles, stretches legs and chest, develops concentration.

- 1 Begin in mountain pose. (Feet shoulder-width apart, hands at your sides.)
- 2 Lift your right foot, turning your knee out; place your foot on your leg wherever feels comfortable.
- 3 Press your hands together.
- 4 Raise your arms over head and look up to your hands if possible.
- 5 Return hands to your chest and lower your right leg.
- 6 Repeat with left leg.