

WEEKLY PE CHALLENGE

Have a look at these great websites for inspiration:

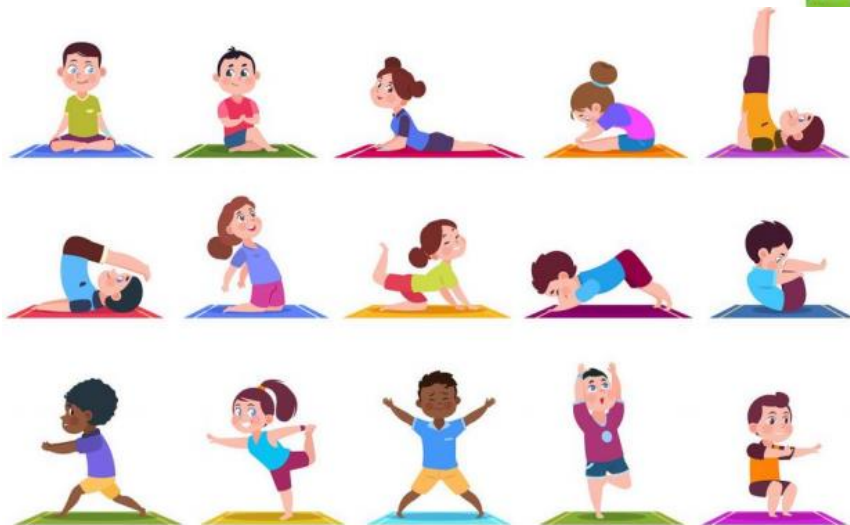
<https://awakeandmindful.com/best-kids-yoga-videos-on-youtube/>

<https://www.youtube.com/user/CosmicKidsYoga>

<https://yogawithadriene.com/yoga-for-kids/>



LEARN SOME
YOGA!



Look on the next page for a full poster of yoga poses featured in the new series on 'Cosmic Kids Yoga Pose Universe' – can you learn them all?

CALM DOWN YOGA FOR KIDS



I am strong.

Use your strength to catch tricky waves.



I am kind.

Stretch high and spread kindness all around.



I am brave.

Be brave and fearless as you fly down the ski run.



I am friendly.

Stretch like a dog wagging its tail.



I am wise.

Be a wise owl perched on a tree branch.





Aeroplaner



Hero



Bowl



Butterfly



Digging



Telephone



Dinosaur



Archer



Boat



Chair



Tree



Dog



Giraffe



Spider



Happy Baby



Flying



Candle



Dolphin



Crab



Bear Walks



YOGA POSE UNIVERSE



Dancer



Eagle



Fish



House



Door



Lizard



Shark



Horse



Dragonfly



Pigeon



Lion



Cat Cow



Snake



Mountain



Deer



Flamingo



Crow



Wizard



Star



Surfer



Hot Air Balloon



Turtle



Washing Machine



Camel



Crescent Moon



Mouse



Sandwich



Whale



COMIC KIDS