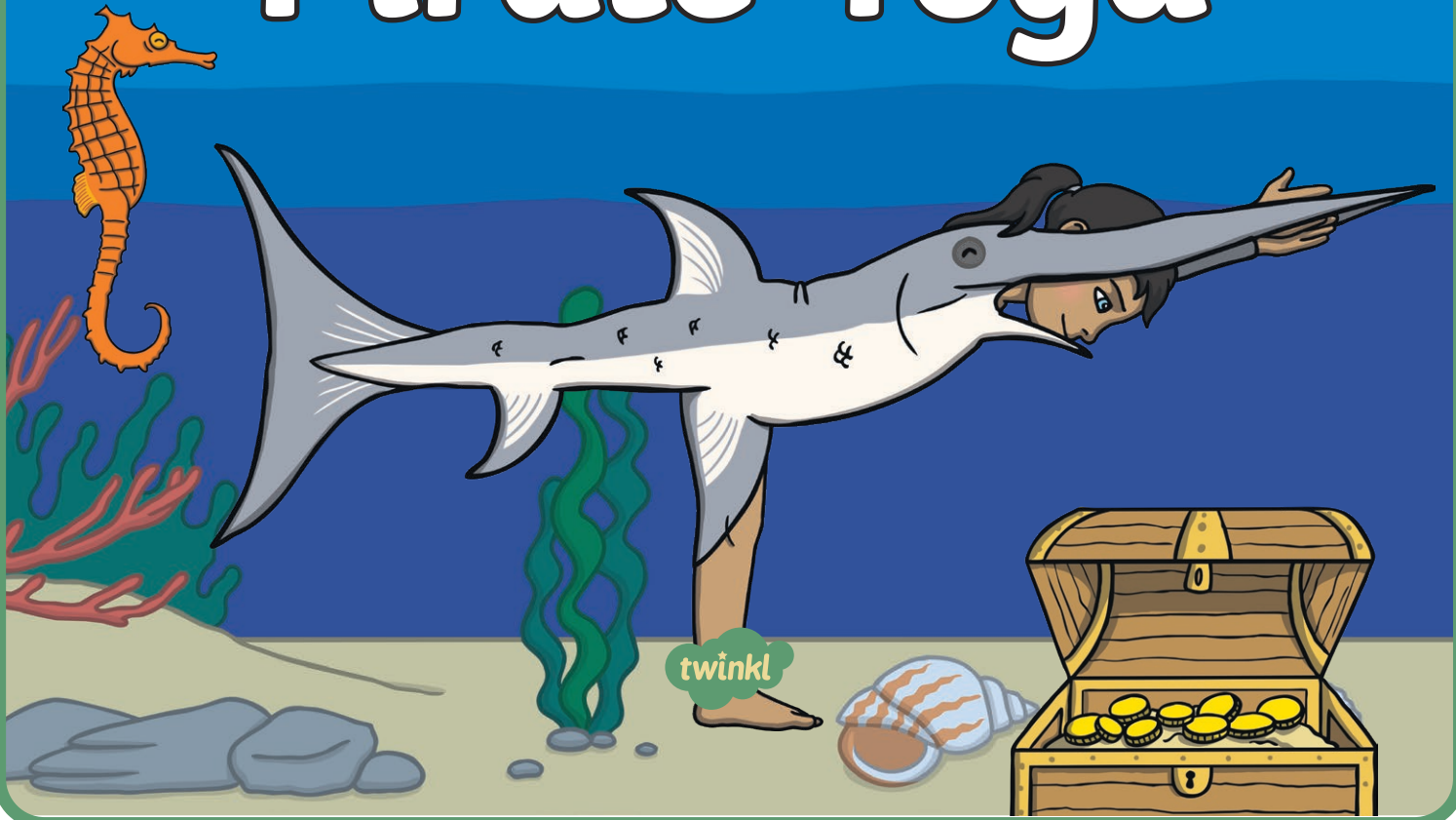


Pirate Yoga



Pirate Yoga

Preparation and Safety

| | |
|----------------------------|--|
| Age | 3-11 |
| National Curriculum | Develop balance, agility and coordination. |
| Time | Approximately 20 minutes but this can be flexible, according to age. |
| Preparation | Session to happen on a carpeted floor or mats, with enough space to stretch out arms and legs. If possible, have some pirate-themed toys or pictures to promote discussion. |
| Safety | <p>Remind the participants of the safety rules.</p> <ul style="list-style-type: none">• Adapt: Make poses easier if your breathing isn't smooth.• Breathe evenly: Take easy breaths in each pose.• Enjoy it: Move in a way that feels good. If it hurts at any point, stop.• Keep safe: Don't touch others and use support where necessary. |

Penguin

1

This pose will stretch your hips. To make it feel good, lift your hips as high as you need.

1. Start in standing with your feet apart and toes slightly wide.
2. Bend your knees so that your hips come down.
3. Drop your hips as much or as little as you want.
4. If it feels comfortable to do so, place your hands at your sides like penguin wings.
5. Press into your feet and use strong legs to come back to standing.
6. If you would like to, do this again.



Albatross

2

This pose will help your shoulders to stretch and widen. Use a chair or wall to help you feel steady. If you wobble, bring both feet on to the floor. Remember that we should not hold on to anyone else during our yoga poses.

1. Start in standing.
2. Wrap one leg over the other leg.
3. Keep your arms outstretched. Imagine they are giant albatross wings!
4. Bend your knees a little and stay steady.
5. Can you spread your wings wider?
6. Now, unwrap your feet and come back to having both feet on the floor in a comfortable standing position.
7. Repeat this pose with the opposite leg wrapping over.



Dolphin

3

This pose will turn you upside down. To be comfortable, bend your knees as much as you need to. If it feels uncomfortable at any point, gently come out of the pose.

1. Start in all fours.
2. Make sure your elbows are bare and place them on the mat, directly under your shoulders. This is important and will make sure you don't slip.
3. Make your forearms parallel and spread your palms down.
4. Press down through your elbows and feet and then lift up your hips. Imagine you are a dolphin, leaping over waves and swimming through the sea.
5. Take a breath or two and then bend your knees to come down.
6. Rest with your head down and then, if you would like to, do this pose again.

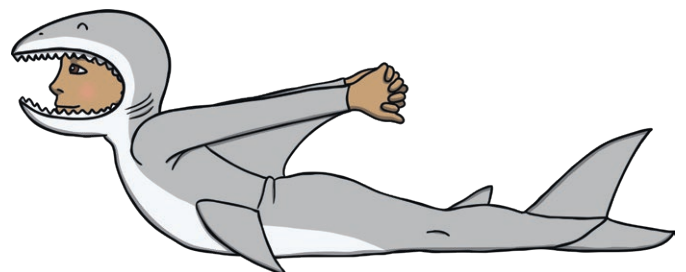
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Shark

4

This pose gently bends your spine back. To make the pose more comfortable, don't lift your shoulders as high. Remember to keep breathing smoothly throughout the pose.

1. Start on your tummy with your legs and feet squeezed together.
2. Join your hands behind your back.
3. Breathe in and lift your shoulders.
4. Press your hands towards the ceiling to look like a shark's fin.
5. Now come back down and rest.
6. If you would like to, do this pose again.



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Swordfish

5

This pose will help you to balance. Place a hand on to the wall or your feet back on to the floor, anytime you need to. Remember that we should not touch anyone else during our yoga poses, especially if we wobble.

1. Start in standing.
2. Step one foot back, with your toes on the floor and your heel off the ground.
3. Take both hands above your head and join them.
4. Float your hands forwards and if it wants to, let your back foot lift up off the floor.
5. Stay steady and focused with your swordfish nose pointing out to direct you through the sea.
6. Press down into your feet and lift your hands to come back to normal standing.
7. Repeat this pose using the opposite leg.

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Octopus

6

This pose will help your spine to twist. To make it more comfortable, try not to twist as much.

1. Start in sitting and then take your legs wide.
2. Bend your knees a little so your back feels happy.
3. Lengthen your spine by sitting up tall and then twist your tummy around to one side.
4. Now move your long, octopus-like arms so they wrap and wind around you.
5. Untangle your arms and come smoothly back to facing forwards.
6. Repeat this pose, twisting to the opposite side.



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Jellyfish

7

This pose will fold your spine forwards. Make sure your knees are slightly bent at all times.

1. Start in standing with both feet evenly placed and knees slightly bent.
2. Softly and smoothly roll your spine forwards and rest your hands on your legs.
3. As you breathe in, lift up.
4. As you breathe out, sink down.
5. Gently, glide up and down like a swimming jellyfish.
6. Press into your feet to uncurl and come back up to standing.
7. If you would like to, do this pose again.

