

Disclaimer

We hope you find the information on our website and resource useful. The description of any physical activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking any activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are fit enough to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the physical activity. If you are unsure in any way, we recommend that you take guidance from a suitably qualified professional.

Pirate Yoga Story: The Pirate's Parade

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.
Opener	<p>Today, we're going on a pirate adventure! What do you already know about pirates? What do you think you might see onboard a pirate ship? What do you think it is like to be a pirate?</p> <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.
Main Section	<p>Let's begin. Sit cross-legged with your back straight, shoulders back and chin slightly tucked in towards your chest. Place your palms together in front of your heart.</p> <p>Make sure to say our special yoga password - Namaste (Nam-as-tay).</p> <p>Slide 3: Warm-Up Imagine that you are diving deep into the ocean. Swim all around the room. Can you swim like a tiny, darting fish? Can you swim like a whale? Remember to use your whole body. Can you swim like an eel? Move from your fingers to your toes.</p> <p>Now, show me how a jellyfish would swim.</p> <p>(Read the story on each slide of the PowerPoint first before following the accompanying yoga pose instructions below.)</p> <p>Slide 4: Pose 1 – Penguin This pose will stretch your hips. To make it feel good, lift your hips as high as you need.</p> <ol style="list-style-type: none"> 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.

Main Section

Slide 5: Pose 2 – Albatross

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.

Slide 6: Pose 3 – Dolphin

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.

Slide 7: Pose 4 – Shark

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.

Slide 8: Pose 5 – Swordfish

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.

Main Section

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.

Slide 9: Pose 6 – Octopus

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.

Slide 10: Pose 7 – Jellyfish

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.

Slide 11: Breathing

We practise breathing to make our breath longer and to help us feel relaxed. Remember to take a new breath in whenever you need to. Make your lips into a tiny circle, like the mouth of a seahorse. Imagine you are breathing out tiny bubbles. Your breath out is long and smooth. Breathe in whenever you need to and then come back to your next breath out. Notice how long your breath out can become.

<p>Main Section</p>	<p>Slide 12: Relaxation Lie on your side or your back. Lie in a space of your own, not touching anyone else. Look at the ceiling or close your eyes. Now, it's time to rest. You're ready for a peaceful story.</p> <p>Slide 13: Relaxation Story Imagine you are watching some seaweed dancing gently in the water. The water makes the seaweed twirl and unfurl. Little fish swim around softly as you watch them. You watch them change from red to orange, to yellow, to green, to blue, to purple and finally, each fish takes a different colour. The rainbow fish swim off in a swirl of colour.</p> <p>A funny puffer fish floats by and you watch the bubbles he makes. The bubbles travel upwards; some are big and some are small. When they pop, they shimmer.</p> <p>You watch a friendly octopus playing. The octopus makes pictures in the sand with its body, just for you. The pictures the octopus makes are of things you love. Maybe the octopus spells out something like a secret message. You make a secret message for the octopus and wave goodbye.</p> <p>You notice your body lying softly on the floor. As you gently open your eyes, you notice the different colours in the room.</p> <p>As quiet as a silent seahorse, come up to sitting with your legs crossed, lips closed and hands on your knees.</p> <p>Slide 14: Meditation Meditation is the trickiest part of yoga. Shortly, we are going to learn how to sit quietly for a whole minute. This will help to make your mind strong and healthy. Sit comfortably.</p> <p>Slide 15-16: Whirlpool Meditation Look at the centre of the whirlpool and stay focused. Keep breathing evenly. Keep your gaze on the whirlpool or close your eyes. Stay focused and relaxed. (Click the timer to begin.)</p>
<p>Closing</p>	<p>Slide 17: Namaste. Have a lovely day.</p> <p>Be peaceful and happy.</p> <p>Namaste.</p>