

# SECONDARY SCHOOL YOGA CHALLENGE

## For National Fitness Day 2025

### Teacher Brief

Students will work together to perform a series of inclusive team yoga poses, replicating those put together by our Move with Us Ambassadors. This creative movement challenge supports physical wellbeing, encourages collaboration, and ensures all students can participate, regardless of ability.

### There are several ways to use these resources:

- Get outdoors – print and laminate pose images and position in suitable/safe areas around your school field/site allowing students to find/replicate poses in groups and intensify physical activity with the extra steps in between each pose. Capture with a photo at each spot for 'evidence'.
- Print the pose images and display around your sports hall/learning space ensuring students have space to move around all poses and perform safely.
- Show images on whiteboard for all students to perform in a safe space at the same time in their groups.

### Additional Challenge

Encourage students to access the resources at home and involve the whole family using a space and time that works for them. Don't forget to capture your students/yourselves in action and email to them us at [cyp@activeessex.org](mailto:cyp@activeessex.org) or tag @ActiveEssex on X and Facebook or @findyouractive on Instagram in your social media posts.

There are 3 Poses in total, each pose has varying levels of difficulty as shown in the photos. (1 being easiest to 3 most challenging).

Created by our #MoveWithUs Ambassadors



# V-BALANCE POSE



## Level 1

Hold hands back to back with a partner and slowly lean backward.



## Level 3

Go back to 2 hands now, but back to back and lean forward!

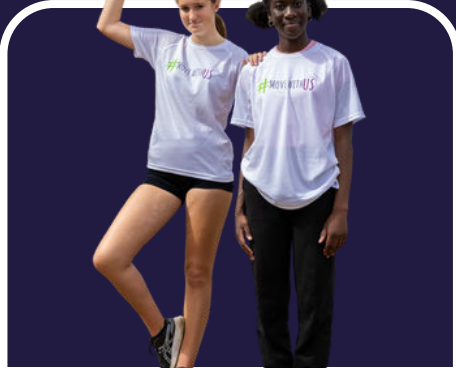


## Level 2

Try the same as above, but using just one hand!

#MOVE WITH US

# TREE POSE



## Level 1

Using the balance of a partner's shoulder, stand on one foot.



## Level 3

In groups of 3, with your arms in the air and touching hands, do the same.



## Level 2

Now try without using the balance of your partner.

#MOVE WITH US

# CHAIR SIT



## Level 1

Lock arms with a partner back to back and enter a sitting position.



## Level 2

In a group of 4, enter the same position as level 1 and focus on engaging your core.

#MOVE WITH US

# BOAT POSE



Hold hands with a partner seated on the floor, and raise your legs with both of your feet touching.

#MOVE WITH US

# HEART POSE



Standing with your shoulder width apart in pairs, stretching your arms create a heart shape.

#MOVE WITH US