

**KS1 Yoga**

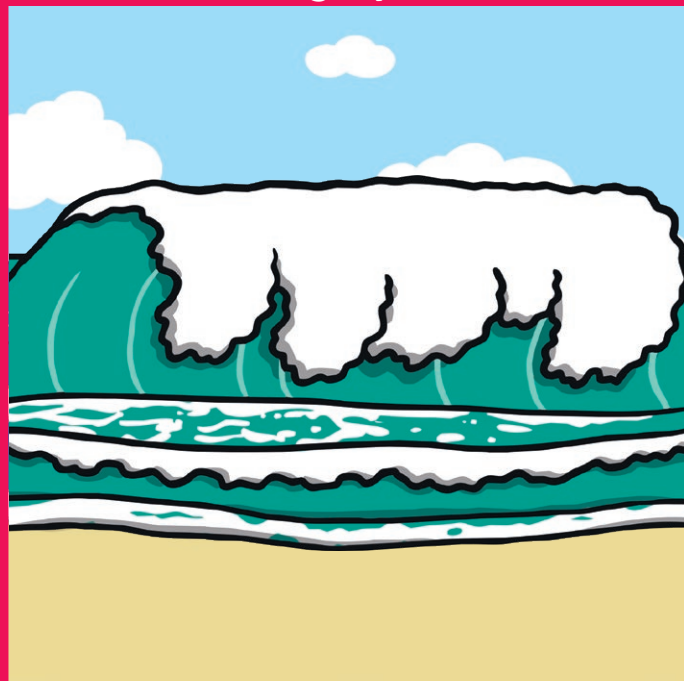


# Coastal Caper

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## Warming Up: Waves

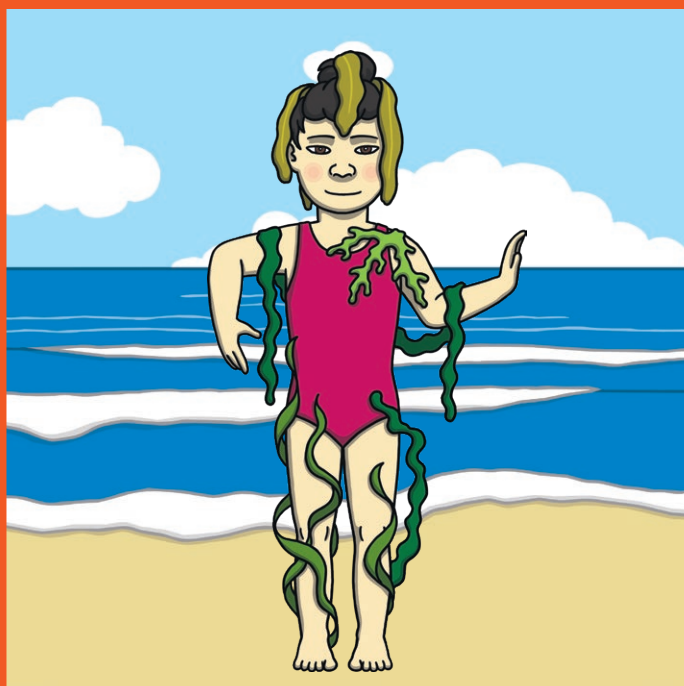


**I move like small waves.  
I move like big waves.**

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## Shoulders: Seaweed

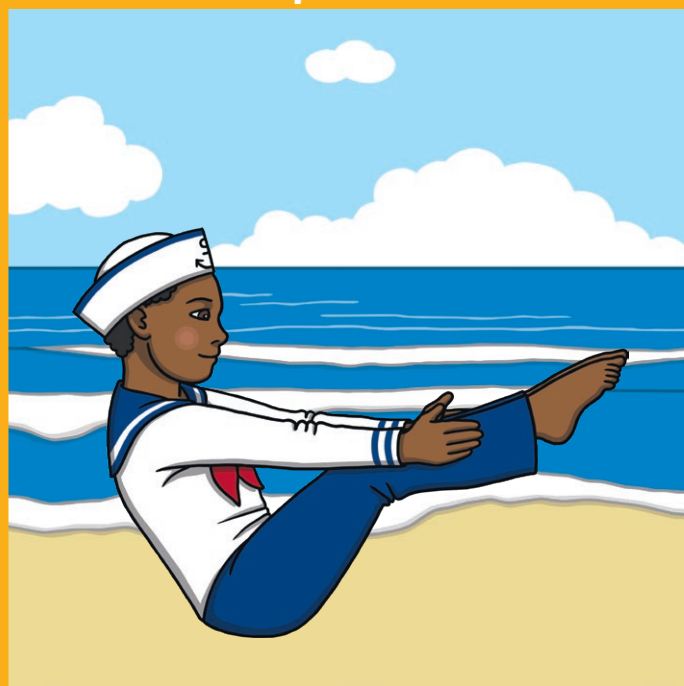


**I roll my shoulders  
smoothly like seaweed.**

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## Hips: Boat



**I lift my legs and  
get strong.**

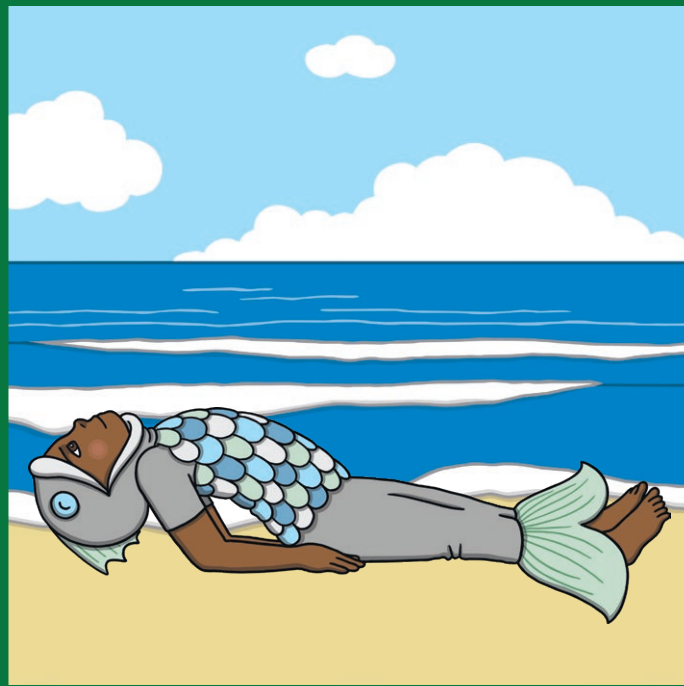
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## Forward Bend: Waves



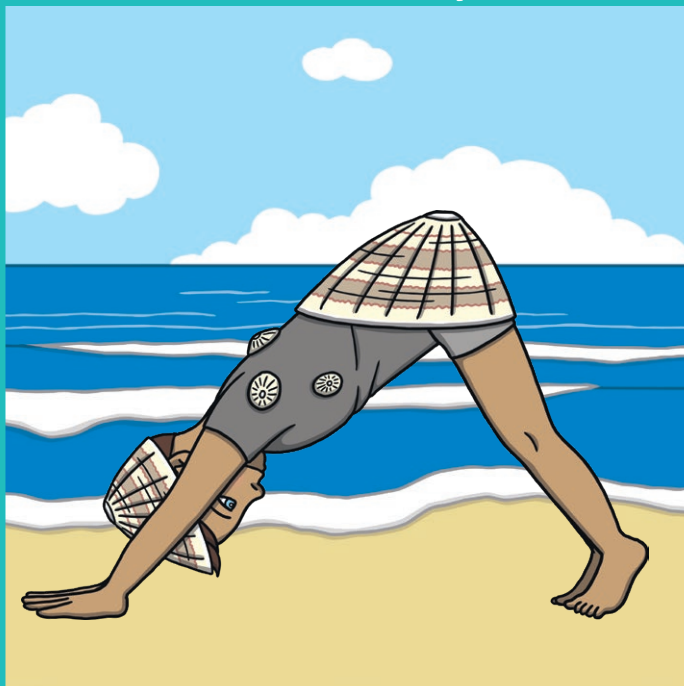
**I fold forwards and  
soften my knees.**

## Back Bend: Fish



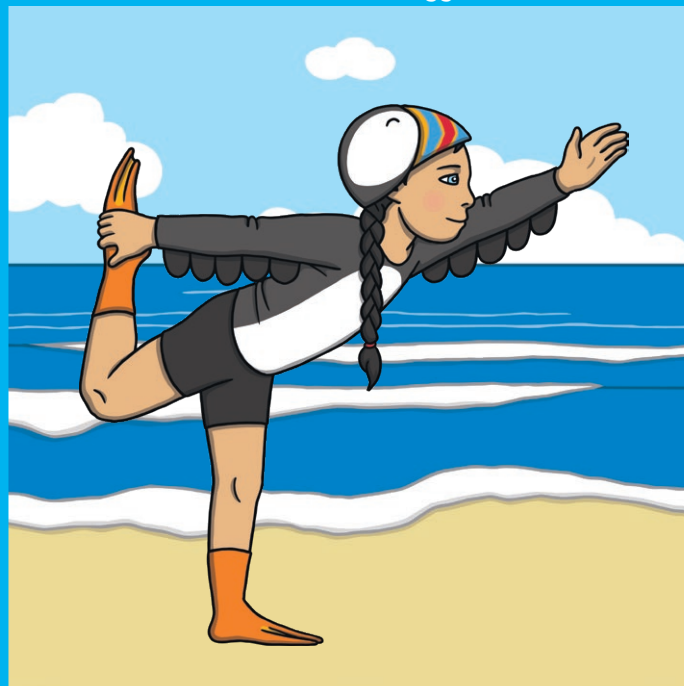
**I arch my spine like a  
swimming fish.**

## Inversion: Limpet



**I am upside down with  
hands and feet strong  
on the floor.**

## Balance: Puffin



**I balance carefully and  
prepare to fly.**

### Twist: Mermaid



**I twist round  
comfortably like a  
mermaid looking to sea.**

### Breathing: Conch Shell



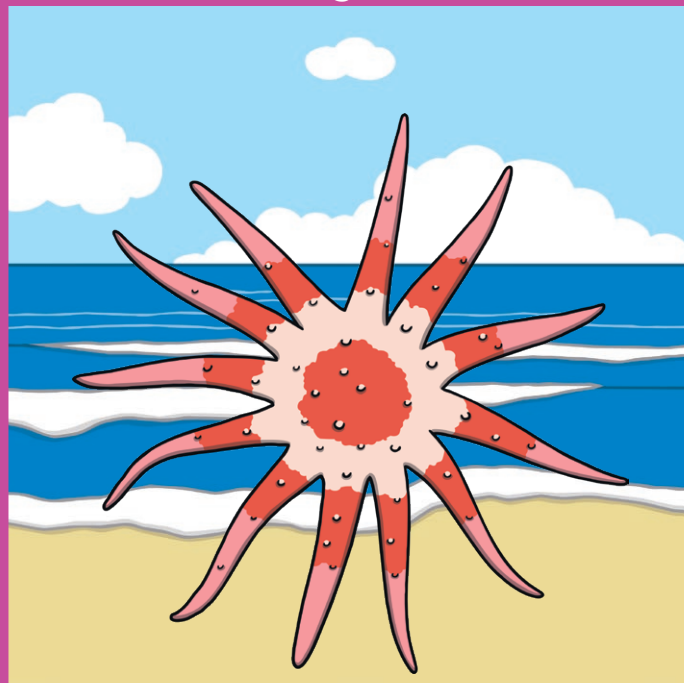
**I breathe out long  
and smooth.**

### Relaxing: Shell Stars



**I relax and imagine  
tiny stars.**

### Meditating: Star Fish



**I stay focused.**