

5. Exercises

5.1 Warm up exercises



Bending the neck forward, backward, left and right side



Bending forward, backward, left and right side along the waist



Twisting along the waist

Bending and touching the toes

Rotating shoulders and wrists

- ◆ It is necessary to see that children wear appropriate clothes for the energising exercises. Do not force the children to give extra stress while performing the above exercises. Keep informing them that continuous stressing of muscles will make them flexible. Please keep a watch on their body postures as they perform.

5.2 Surya Namaskar

9



1



2



8



3



10



7



4



6



5



Basic Position

◆ Please make the children perform all the postures of 'Surya Namaskar' correctly.

5.3 Rhythmic Exercises

Type-1 Balloon Drill



Basic Position



1



2



3



4

Type-2 Ball Drill



Basic Position



1



2



3



4

Type-3 Stick Drill



Basic Position



1



2



3



4

Type-4 Handkerchief Drill



Basic Position



1



2



3



4

- ◆ The above pictures display a sample of rhythmic exercises and drills. Make the children perform a variety of such exercises.
- ◆ Teach the children some more exercises using your imagination. The same can also be used for presentation.

5.4 Different Body Postures



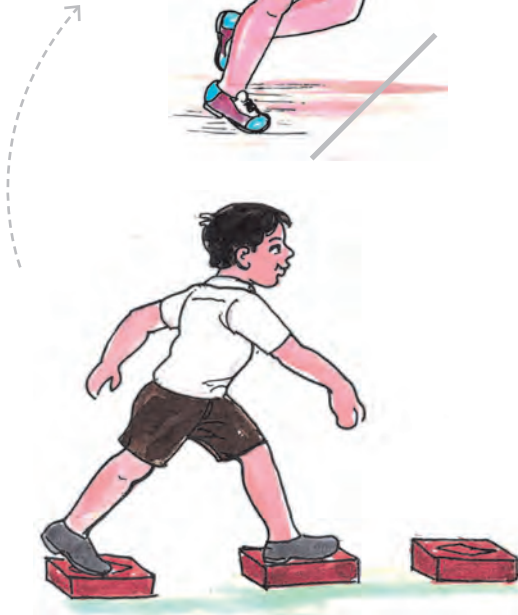
- ◆ Children should be informed about all the rules of Yoga.
- ◆ Children should be taken through different body postures as warming up before Yoga. Instruct them to stretch their bodies according to their body capacity.

5.5 Hurdle Race

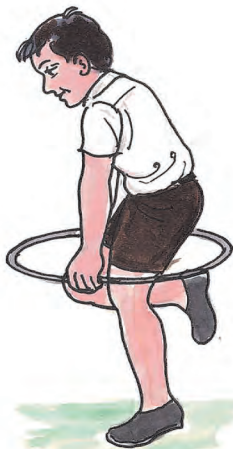
Start



Finish



Balancing while walking on bricks



Passing through the ring



Skipping



Hang and swing



Crawling

- ◆ Form an array of a variety of hurdles using different types of skills with the help of your imagination.

