

# Health, Fitness and Wellbeing

## Yoga

Yoga has continued to be a popular practice for the children at Mersey Park. I held some staff training during the Autumn term about how to incorporate chair yoga into daily practice to help children be more comfortable when sitting for long periods of time and to give them a short brain break. The feedback from this has been very positive and some children now recognise when they need a 'little stretch' and request some chair yoga. Children in Year 6 have enjoyed regular yoga sessions and have become extremely skilled little yogis, managing to complete very tricky poses and even sequence some salutations (a 12 posture sequence of movement and stretch). I have been particularly impressed with how this has connected the children to their own bodies, they have become more aware of the importance of stretching and being able to hold their own bodyweight in different positions using small points of contact like their hands and feet. We have been absolutely delighted to use our brand new yoga mats this year and the children have taken very good care of them.

During the Spring term, I started a 'Morning wake up and shake up club on a Friday morning, the popularity of the yoga at the end of it took over and it quickly became our Friday morning yoga club. It was opened up to Year 5 and 6 initially and then Year 3 and 4 joined and really enjoyed it. It has been wonderful to see the progress of this yoga group and the feedback from them has been wonderful, many of them have told me that it has helped them start their days in a nice way.



## Fitness

We have had great fun completing 'Feel Good Friday' events throughout the year to promote activity and fitness that don't involve team games in a competitive way. I have tried to encourage the children to focus completely on themselves, their own bodies and beating the past version of themselves. We had an event whereby children completed exercises like star jumps in one minute, then again with positive mental thoughts and then a third time with positive verbal encouragement from a partner. They then compared the number of star jumps they completed and found that the more positivity – the more they achieved!

We were very lucky to have a visit from 'Kidzfit' during the summer term who help workshops for all children about how to keep their bodies healthy. The sessions were brilliantly run, accessible to all and the children (and adults!) thoroughly enjoyed them. The children learned about the Olympic games, significant athletes and world records and then tried some of the activities themselves. We would love to have them back for more sessions!



## Future plans...

I am going to complete a whole school questionnaire regarding yoga to find out if and when they would like me to run a yoga club and what, if anything, has stopped them from taking part in the past. I will then plan and implement the club for them.

Despite there being no uptake (apart from one parent) last year, I will offer a parent and child fitness club. I will hopefully work with a small group to help them improve their cardiovascular fitness and basic strength.

I am going to start a 1k per day club for children who would like to complete a 1km run 3 times per week with me after school in the playground.