

READY STEADY WORCESTERSHIRE



**New activities
for you to try this
school holiday!**
Remember to ask a
responsible adult for
permission before
starting the activity.

Super Hero Yoga

Warm Up:

- Sit on the floor with your legs crossed, arms gently resting by your side.
- Slowly raise your arms up above your head and take a breath in. (Try to breath in until your hands reach together above your head)
- Slowly breath out whilst you lower your hands back down to the floor.
- Repeat 5-10 times.



HM Government

In partnership with

THE NATIONAL LOTTERY
COMMUNITY FUND

WORCESTERSHIRE
CHILDREN FIRST

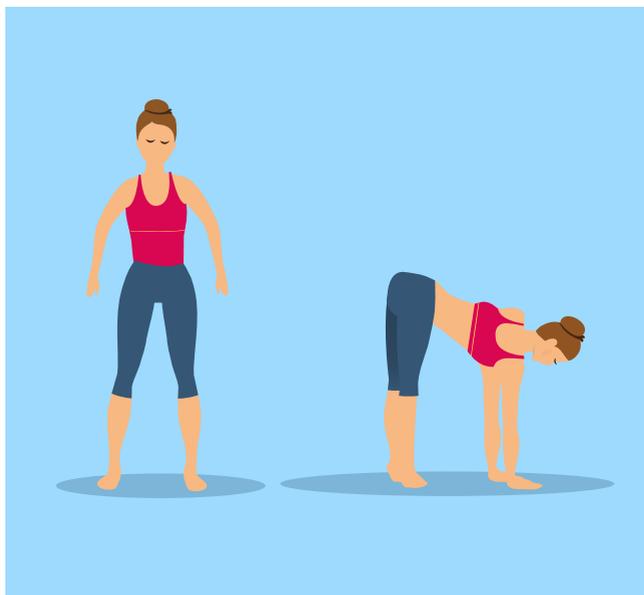


worcestershire
county council

Find out more online: www.worcestershire.gov.uk/readysteadyworcs

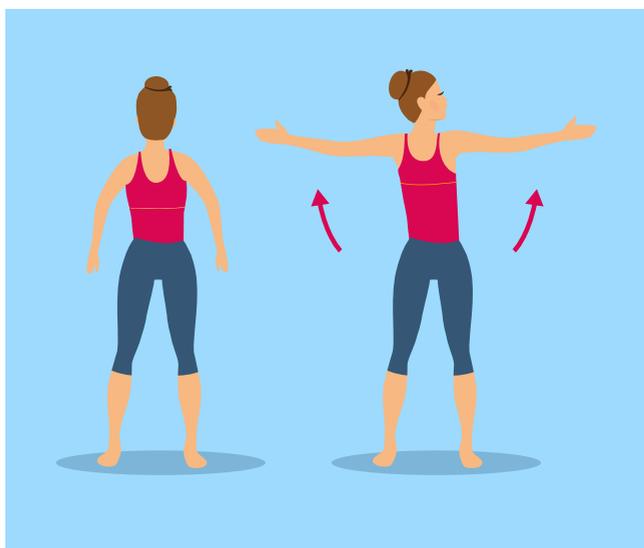
Forward Fold

- Stand with feet shoulder width apart, with arms by your side. (As tall as a soldier).
- Breath in and Reach arms up above your head.
- Breath out and Fold forward to reach towards your toes (bend knees to help).
- Repeat 5 times.



Standing Twist

- Stand with feet hip width apart.
- Take arms out wide at shoulder height.
- Breath out to twist to the right, Breath in to centre.
- Breath out to twist to the left, Breath in to return to centre.
- Repeat both sides, 5 times.



Super Hero Training

To be a superhero you need to be quick, strong, brave and kind. Follow these instructions to practice your skills and become your very own super hero!

1. Super Speed...can you run as fast as the Flash!

- Can you run on the spot for 30 secs?
- Challenge your self to get your knees up high!



2. Jump like Spiderman...

- Start standing, step your feet out wide.
- Lower your bottom down so its just off the floor.
- Count 1, 2, 3 and then leap up as high as you can.
- Try to land softly down again. Repeat 5 times.



3. Be Strong like the Hulk...

- Step feet wide on the mat.
- Lower your bottom down into a wide squat position.
- Take your arms out at shoulder height, bend-ing at the elbow.
- Flex your muscles and ROAR!



Share your photos @worcschildren
#readysteadyworcs

4. Fly like Superman...

- Start standing with arms by your side.
- Shift weight into left foot. Start to lift right foot up behind you.
- As you lift your right leg, lean forward and stretch arms out in front of you.
- Hold 10 secs. Repeat on other side.



5. Be Brave like Ironman...

- Stand with your feet together at the front of your mat.
- Step your right leg back as far as you can. (Front foot faces forward, back foot is at 45 degrees.)
- Bend your front knee and lift arms to shoulder height. Look forward.
- Hold 10 secs. Repeat on other side.



Relaxation

Lie down on the floor with your arms by your side and legs straight out. Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.

Well Done, you have completed your superhero training!

