

As part of our weekly PE day we often include elements of 'health and wellbeing' by taking part in yoga exercises. The children love these sessions and really concentrate on the poses that we cover. Today, our favourite pose was the 'boat' pose. It was difficult to do as we needed to really use our tummy muscles so that we could lift our feet up off the floor and balance without wobbling. The children tried so hard, with varying results, persevering until they could do it!

















