

Arctic Yoga Instructions

9 Follow these instructions to create some arctic yoga poses:

11 The Walrus

- 22 1. Begin by sitting with the soles of your feet together.
- 32 2. Touch your fingers to each side of your head.
- 42 3. Gently bounce your knees to flip your walrus flippers.

44 The Whale

- 51 1. Firstly, lay flat on your tummy.
 - 63 2. Breathe out and lift the top part of your body off the floor.
 - 72 3. Gaze forwards or look slightly upwards.
 - 84 4. Hold this for a few seconds and then drop back down.
 - 95 5. Repeat this move five times while pretending to be a whale squirting water from its blowhole.
- 101



Quick Questions



1. Which parts of your feet have to touch together to do the walrus pose?



2. Which word has the author used instead of 'look' in the whale instructions?



3. Why are these exercises called Arctic yoga poses?



4. Do you think that you would be good at Arctic yoga? Why or why not?

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Answers



1. Which parts of your feet have to touch together to do the walrus pose?
soles



2. Which word has the author used instead of 'look' in the whale instructions?
gaze



3. Why are these exercises called Arctic yoga poses?
Example answer: They are called Arctic yoga poses because they are named after animals that live in the Arctic.



4. Do you think that you would be good at Arctic yoga? Why or why not?
Pupil's own answer with reference to the text, e.g. Yes – because I am very good at balancing in PE lessons.