

Faith Summer Olympics Yoga

Have so much fun recreating your favorite summer themed sports to add in a variety of fun yoga poses and positions.

Find the full lesson plan, extension ideas, and song suggestions in the blog post here:

<https://www.primarysinging.com/faith-summer-olympics-yoga/>

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Stand with your body facing sideways but looking towards the front of the room. Hold one arm straight out in front and the other arm pulled back.



Archery

Stand facing the left side of the room and your head facing the front. Stand with your legs apart and knees bent. Then raise the bat over your shoulder.



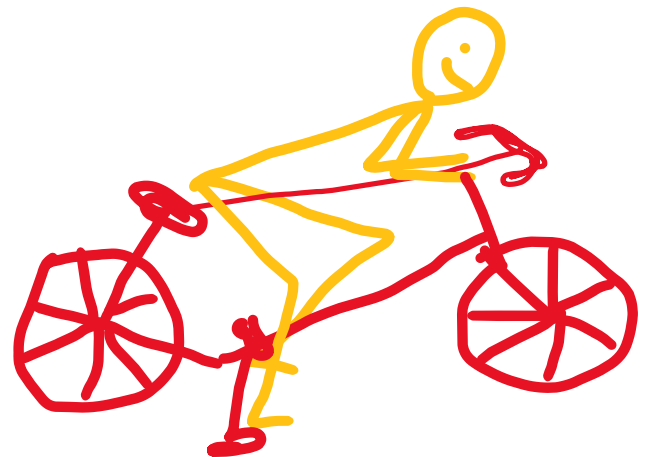
Baseball

Stand with your legs spread about and your knees bent. Spread your arms out wide at your side, trying to block other players. Practice dribbling your ball!



Basketball

Sit on your chair and lean forward like you are riding a bike. Pedal with both legs spinning in the air in alternate circles.



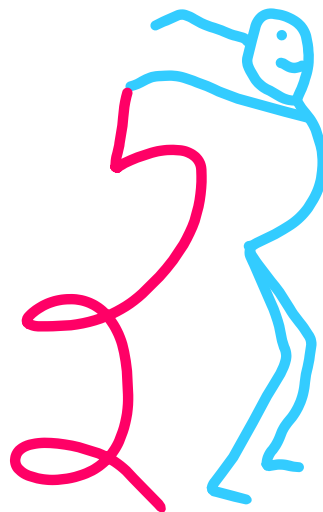
Cycling

Stand upright, then lunge forward with one knee bent and thrust your arm straight forward saber pointing out. Keep your other arm behind you.



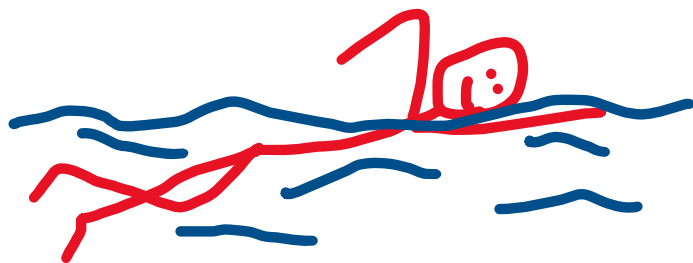
Fencing

Stand with your knees slight bent, and your back arched backward with your chin tilted up. Hold both arms up high and outward, fingers spread.



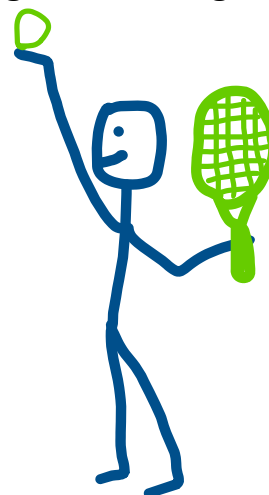
Gymnastics

Lay on your belly with one arm straight out in front of you. Scoop the water with your other arm and switch. Kick your legs smoothly up and down.



Swimming

Hold one arm up high with the tennis ball. Bend the other arm back behind you and hold your racket up high. Toss and swing at the imaginary ball!



Tennis



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