

YOGA LESSON 1

Year 3 & 4

Learning Intention: *How can you learn some new Yoga poses?*

Year 3:

I can perform the Yoga poses, have a strong tummy to help me keep my body in position

I can attempt the challenge pose- swaying tree

I can remember the Yoga poses when listening to the yoga facts

Year 4:

I can attempt the challenge pose - swaying tree

I can remember the Yoga poses when listening to the yoga facts

I can perform the challenge, pose swaying tree and keep my balance

EQUIPMENT:

You can use a mat
(Guidelines are to clean after use)

Activity 1& 2: Yoga Warm Up & Learn the Yoga Poses

Yoga warm up - watch video

Explain to the children that they are going to learn some yoga poses today - ask them to try and remember these poses as they will need them for the Yoga facts.

This weeks SUPER CHALLENGE POSE is the Swaying Tree Pose

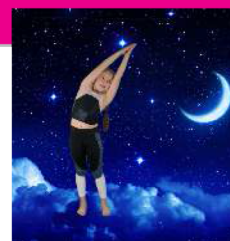
Pose 1: Lotus Pose (1 & 2)

1. Sit cross legged, close eyes and breathe in and out of nose
2. Lotus pose 2 each foot brought up onto the thigh -rest hands on knees



Pose 2: Moon Pose

1. Stretch up tall
2. Lean to the left side
3. Make a half moon
4. Repeat again on the right side



Pose 3: Sun Pose

1. Stretch your arms up and round in a big circle



Pose 4: Elephant Pose

1. Hands together
2. Lean forward
3. Move the trunk (arms) side to side 4 times



Pose 5: Giraffe

1. Stand tall, turn to the side
2. Step one leg out
3. Reach up eat the leaves
4. Stretch down and drink the water
5. Repeat on the other side



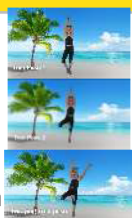
Pose 6: Warrior Pose

1. Stand feet apart
2. Arms out to the side
3. Stand strong, look down your arm
4. Strong like a warrior



Pose 7: Tree 1,2 and Swaying tree

1. Both palms together
2. Rest foot by ankle
3. Move your hands upwards
4. Stand tall as a tree
5. Bring your hands back down
6. **Super Challenge** -Swaying tree pose



Pose 8: Dog pose

1. Place hands and knees on the floor
2. Push your feet into the ground
3. Push bottom upwards
4. This will make a curved shape with the body



Pose 9: Mountain pose

1. Place feet slightly apart
 2. Hands out to the side
 3. Chin towards chest
 4. Stand strong
- Challenge: on tip toes



Pose 10: Bird Pose

1. Place one hand on the shoulder
2. Repeat with the other hand
3. Elbows are like a birds beak



Pose 11: Gorilla pose

1. Jump up
2. Squat down
3. Pretend to touch the floor with fists (one then the other) then repeat



Pose 12: Star pose

1. Stretch up tall
2. Reach up to the sky
3. Twinkle your fingers
4. Keep your tummy strong (your core)



Activity 3 : Teach a pose

With a partner test each other on a Yoga pose. Partner A will call the pose then Partner B will show the pose.

Then swap over - Are they doing it correctly? Can you help your partner improve?

Activity 4 : Yoga Fun facts

Now watch the video of Yoga Fun facts. When the children hear the fact they will also hear the name of the yoga pose. As soon as they hear this they get into that position e.g. Fun Fact: Did you know **Elephants** are the only animals that can't jump? As soon as you hear **Elephant** you show that pose

L.A. Can use the video to remind them of the pose

M.A. Can perform the pose as soon as they hear the word

Activity 4 : Cool Down and Relaxation Time

Children to lie down, close their eyes and listen to the recording 'Relaxation time'

Plenary

Did you enjoy the yoga today?
How did you relax?
What was your favourite pose?