



YEAR 3/4

**Yoga**

Lesson 7

## Learning Objective

To develop flexibility and strength in a Summer flow.

## Success Criteria

### Year 3

- I can hold a yoga pose with some strength and control.
- I can use yoga poses to improve my flexibility.

### Year 4

- I can hold a yoga pose with strength and control.
- I can use yoga poses and my breath to improve my flexibility.

## Handy Hints

Hold your yoga poses with strong lines and control.

## Equipment

- Sand timer x 1
- Yoga Mat x 30
- Breathe Audio
- India Audio
- Y3 4 Summer Flow Document

**10 Mins**

## **Warm Up and Introduction**

### **Focus:**

Sitting with good posture ask the pupils to put their hands together in prayer. Say all together 'namaste.'

### **Washing machine breath:**

Begin in a sitting position, with legs crossed. Ask the pupils to place their hands on their shoulders, with their fingers pointing towards their neck, and their thumbs resting on the back of their shoulders. Begin to turn slowly from side to side, twisting at the waist. Incorporate the breath by inhaling to the right and exhaling to the left. Add sounds by having the pupils say 'swish, swash,' as they move from side to side.

### **Rock and roll:**

While lying on their back with knees up and soles of the feet on the floor. Ask the pupils to place their hands behind their knees and gently roll along their spine as they rock and roll up to a seated position.

Repeat a few times.

Keep a controlled and fluid action.

Make this harder by challenging the pupils to rock up to a standing position without using the hands.

### **Spiders and scorpions:**

Select four pupils to be the scorpions, they are the taggers and move on hands and feet with their tummy facing to the floor.

All other pupils are spiders, they move around on hands and feet with tummy facing up. If a spider is tagged by a scorpion, they also become a scorpion.

Squeeze and tense your stomach and bottom muscles to hold the spider position with stomach facing up.

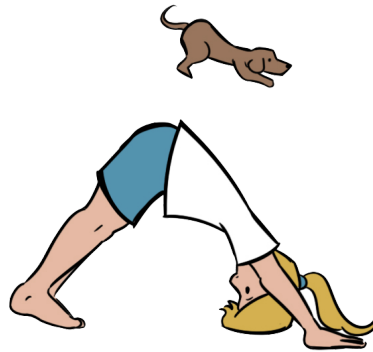
30 Mins

## Skill Development

### Around the world:

Place the yoga mats in a circle. Have the pupils work in pairs. All pupils stand next to their partner in the circle formation. On the teacher's instruction, one pupil in each pair holds a yoga pose while their partner runs around the outside of the circle and interacts with their partner's pose before they change places. Yoga poses and interactions are as follows:

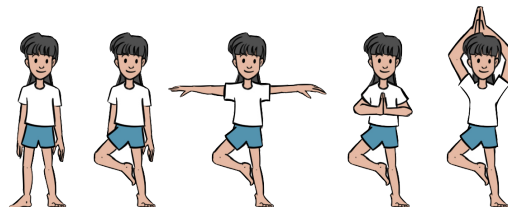
Teacher note: make sure all pupils run in the same direction and that there is enough space between mats.



Down dog - partner crawls underneath the dog.

From hands and knees, push up through the centre of your shoulder blades.

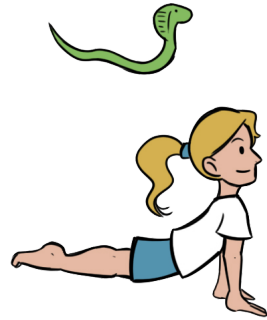
Make the down dog easier by bending your knees.



Tree - partner runs around the tree.

Place your non standing foot on your opposite ankle, above the knee, or on the thigh.

Make this harder by placing your arms above your head.



Cobra - partner jumps over the snake's tail (feet).

Lying with your feet together, peel your chest off the floor. Remember to roll your shoulders away from your ears.

After each of the yoga poses have been used a couple of times, play the game again, this time change the travelling action around the outside of the circle to skipping or hopping.

### Cooling breath:

Tell the pupils that in today's lesson they will be exploring summer poses. Imagining that it is a really hot day, first they need to cool their breath. Ask the pupils to sit comfortably on a mat with their hands in their lap and their spine tall and straight. Take a few breaths to calm the mind and body. Then, ask them to curl their tongue lengthwise, as if it is a hot dog bun wrapping around a hot dog. Inhale gently through the mouth, feeling the breath cool on the tongue. Then close the mouth and exhale through the nose.

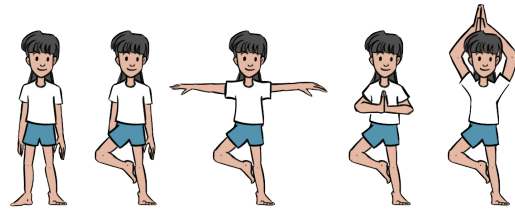
Repeat this a few times and then return to breathing normally. Ask the pupils if they can feel a coolness in their mouth.

### Summer flow:

Take the pupils through the following Summer yoga flow:

Warrior 1 - Stay strong and stable while surfing

Keep your knee in line with your ankle. Check that your arms run in line with your shoulder and that your back leg is straight.



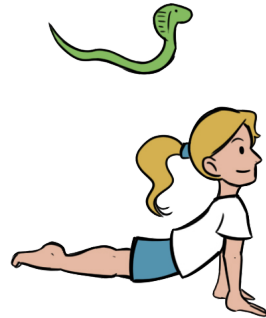
Tree - Find shade under the tree

Boat - Take a trip out at sea

Squeeze your stomach muscles and keep your chest high.

Make this easier by holding on to the back of your legs for support.

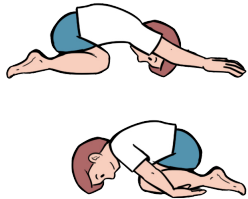




Cobra - Move like the waves of the ocean

Child pose - Be a pebble on the beach

Send your bottom down towards your heels and rest your stomach on your thighs.



Repeat the sequence a few times.

Remind the pupils to take slow steady breaths in each of the poses.

### **Mindfulness, balanced breath:**

Place a sand timer in the centre of the room. Ask the pupils to sit in a comfortable position. Ask them to focus on the sand timer breathing in and out slowly. See if the pupils can stay still and focused until the timer runs out.

Sit in a comfortable position, with a tall spine and your hands rested on your lap.

Make this easier for the pupils by using a shorter timer.

**5 Mins**

## **Plenary**

Ask pupils how they felt in their Summer flow? Were they able to maintain control as they moved from one pose to another.

Reflecting on the mindfulness practice, can the pupils share any words that would help to describe how they felt during and after the practice?

Sitting in good 'sitting position' ask the pupils to put their hands together in prayer. Say all together 'namaste.'