



YEAR 3/4

Yoga

Lesson 8

Learning Objective

To develop balance through yoga flows.

Success Criteria

Year 3

- I can hold a yoga pose with some strength and control.
- I can hold simple yoga poses with a sense of balance.

Year 4

- I can hold yoga poses with a sense of balance.
- I can hold a yoga pose with strength and control.

Handy Hints

Keep your focus soft and your breath controlled.

Equipment

- Yoga Mat x 30
- Balance Yoga Flow Document
- Breathe Audio
- India Audio

10 Mins

Warm Up and Introduction

Focus:

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

Whale breath:

Sitting in a comfortable position on their mat. Ask the pupils to take a deep breath in through their nose and hold it while they count to five. Then tilt their head up to forcefully exhale through their blow-hole (mouth). Tell the pupils that this breath is especially helpful when you are feeling angry or stressed and need to calm down.

Repeat three times.

Sit with a tall spine.

Relax your shoulders away from your ears.

Bicycle:

Ask the pupils to lie down on their back with their feet up in the air, then pedal as if on a bike.

Try reversing the direction, going faster and slower.

Place your hands at your side and push your palms and finger pads into the mat for support.

Milkshake:

Pupils stand in their own space in the teaching area. They begin by jogging around the space, weaving in between the mats but not on them.

Run with a controlled action into space away from others.

They respond to the following instructions. Once all pupils have completed the action they continue jogging until the next instruction is called:

- Banana milkshake - lie on a mat in a banana shape (the same shape as a dish in gymnastics).

Lift your feet and hands off the floor.



- Strawberry milkshake - make a small curled shape on the floor.
- Chocolate milkshake - spin on the spot.
- Milkshakes - shake all the body from feet, to legs, then stomach, arms and hands.

30 Mins

Skill Development

Balance prep:

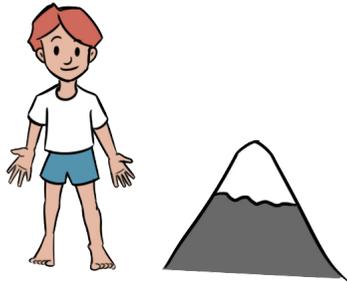
Pupils begin on their own mat. Take the pupils through the following three yoga poses.

Repeat this flow six times in total, three times per side for Tree Pose. For the first two rounds, hold each pose for five breaths, then move through rounds 3–6 at one breath per pose.

- Mountain

Spread all toes into the mat. Lift your thigh muscles and stand with a tall spine.

Make this harder by closing your eyes.



- Chair

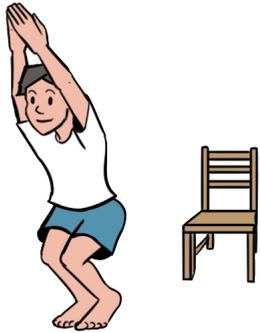
Place your heels together and sit back so that you can see your toes past your knees.

Tilt your hips under so that your spine stays long.

Raise your arms so that they run alongside your ears.

Make this harder by sinking your seat lower.

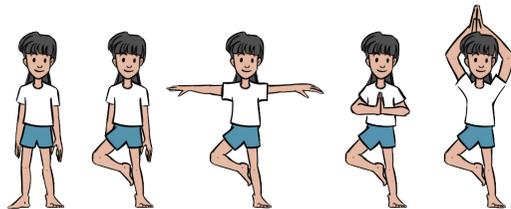
Make this easier on your shoulders by holding your arms straight in front of you.



- Tree Pose

Keep your focus soft.

Rest your non standing foot on your opposite ankle, calf or thigh.



Balance yoga flow:

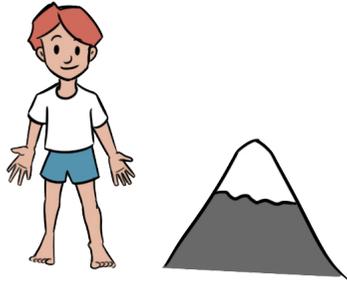
Take the pupils through a yoga flow to develop balance. Repeat this flow six times in total, three times per side. For the first two rounds, hold each pose for five breaths, then move through rounds 3–6 at two breaths per pose. The flow is as follows:

Mountain pose - side bend - single leg stand - aeroplane - high lunge - mountain - dancer - mountain

1 Mountain pose

Spread all toes into the mat. Lift your thigh muscles and stand with a tall spine.

Make this harder by closing your eyes.



2 Side bend pose

Keep your chest facing forwards.

Reach over to one side.



3 Single leg stand

Keep your chest tall.

Slightly bend your standing leg.



4 Aeroplane

Keep looking straight ahead.

Slightly bend your standing leg.



5 High lunge

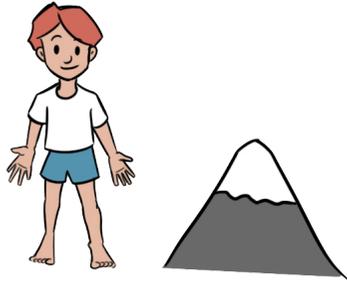
Keep your front knee bent and knee in line with your ankle.



6 Mountain pose

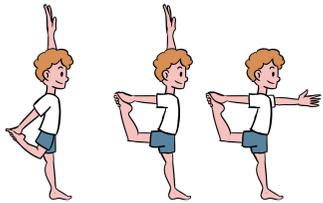
Spread all toes into the mat. Lift your thigh muscles and stand with a tall spine.

Make this harder by closing your eyes.



7 Dancer

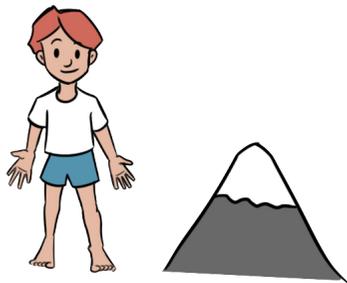
Hold onto your ankle and reach forward as you slowly lift your back leg.



8 Mountain

Spread all toes into the mat. Lift your thigh muscles and stand with a tall spine.

Make this harder by closing your eyes.



Mindfulness, balanced balloon breath:

Ask the pupils to lie on their backs and place both hands on their stomach. Ask them to imagine that they have a balloon inside their stomach. Ask them to breathe in slowly through their nose, feeling their balloon expand as big as it can. Then open their mouth and slowly blow all of the air back out of their stomach imagining that their balloon is deflating.

Repeat this breathing technique a few more times, now with their eyes closed.

5 Mins

Plenary

Sit in 'sitting pose' with your hands together in prayer. Ask them to say all together, 'namaste.'

How does the speed at which you move into the poses affect your balance?

What helped you to maintain your balance when in the pose?