



YEAR 3/4

**Yoga**

Lesson 2

### **Learning Objective**

To develop flexibility through yoga.

### **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.
- I can use yoga poses to improve my flexibility.

#### **Year 4**

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

## Handy Hints

Breathe in and out slowly when in your yoga poses.

## Equipment

- Yoga Mat x 30
- Breathe Audio
- Sun Salutation Story Document
- Yoga Cards Set 1 Document
- Yoga Cards Set 2 Document
- Yoga Cards Set 3 Document
- Yoga Cards Set 4 Document
- Yoga Cards Set 5 Document

10 Mins

## Warm Up and Introduction

**Teacher note:** it creates a nice environment for the children to have the music playing whilst they are creating flows or completing skill development activities. Breathe, is a good track for pupils to use whilst completing mindful breath activities.

### Focus:

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



### Breathe:

Everyone takes a big breath in for three counts and then out for three counts.

Repeat this a few times.

Imagine a big balloon that you try to inflate and slowly deflate.

Make this harder by breathing in and out for four counts each breath.

### Sun salutation:

Using the sun salutation story, the pupils copy the poses holding each for three breaths.

Repeat the sequence holding the poses for two breaths and finally one breath.

Try to move in time with your breath.

Make this harder by completing the flow with eyes closed.

30 Mins

## Skill Development

### Yoga poses:

**A** Select five of the yoga cards to complete all together. Ask the pupils to hold their pose whilst taking three breaths, each breath in is to last for three counts and out for three counts.

Ask the pupils to try to concentrate on their own pose, moving with focus and control.

**B** In groups of three. Give each group a new yoga card. Ask them to try out the pose on their card. Can they hold their pose whilst taking three big breaths in for three counts and out for three counts? After a minute, ask the pupils to swap cards with another group. Repeat until the groups have tried ten different cards.

Focus on something still when practising a yoga pose that requires good balance.

Make this easier by completing just five cards. Make this harder by holding the poses with your eyes closed.

### Creating a flow:

In their groups of three:

**A** Ask the pupils to create a yoga flow sequence that includes five yoga poses. Ask them to practise their yoga sequence so that they can remember the flow without looking at each other or the yoga cards.

Hold each pose for three breaths.

Make this harder by increasing the number of yoga poses in the sequence.

**B** Ask some of the groups to share their flow sequences for the rest of the class to copy.

Remind the pupils to move slowly and with good control.

**Mindfulness, snow angel breathing:**

Ask the pupils to lie on their backs with their hands at their side. Imagine they are wrapped up really warm, lying down in the snow. Ask them to breathe in for a count of three, bringing their arms up and legs wide as they do. When they breathe out ask them to bring their arms back to their side and legs back together (like a snow angel).

After a few turns practise doing this with their eyes closed.

Move your body in time with your breath.

Make this harder by breathing in for four counts and out for five counts.

Teacher note: count the breaths for the pupils to help them stay in time.

**5 Mins**

**Plenary**

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

Ask the pupils how breathing in each pose helped them. Did they find they were more stable when they moved with their breath?

Did it help them to focus?