



YEAR 5/6

Yoga

Lesson 3

Learning Objective

To develop strength through yoga flows.

Success Criteria

Year 5

- I can hold a yoga pose with strength and control.
- I can move with control from one pose to another.
- I show control and co-ordination in my sequence.

Year 6

- I show control and co-ordination in my sequence.
- I can hold a yoga pose with strength and control.
- I can link poses with control to move from one pose to another.

Handy Hints

Move into and through each pose slowly and fluidly.

Equipment

- Yoga Mat x 30
- Breathe Audio
- I am.....Flow sequence Document
- India Audio
- 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

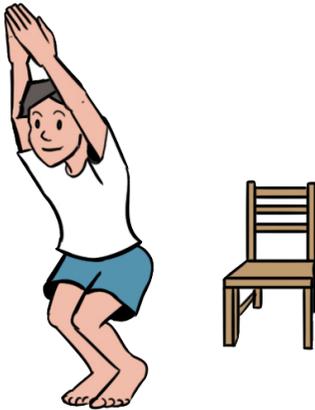
Teacher note: it creates a nice environment for the children to have the music playing whilst they are creating flows or completing skill development activities. 'Breathe' is a good track for pupils to use whilst completing mindful breath activities.

Focus:

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

Breath:

Show the pupils the chair pose and let them practise.



Tell the pupils to breathe out as they lower themselves down into chair pose as if they are sitting back into an imaginary chair.

Place your feet together and bend your knees as if sitting back in a chair.

Bring your arms straight out in front of you and if comfortable raise them up in line with your ears.

Then breathe in as they come back up to stand.

Draw your arms back in towards your body.

Make this harder by raising onto your tiptoes as you lower into chair pose.

Repeat the action a few times. Then, gradually get faster to build up energy and heat in their body.

Tagging chair:

Select four pupils to be the catchers, they can only walk around. All other pupils jump around using two footed jumps.

If caught by a catcher pupils hold the chair pose until another pupil stands opposite them and mirrors their pose whilst saying 'thanks for the seat.'

30 Mins

Skill Development

Yoga flow - I am:

Place the yoga mats in a circle. Take the pupils through the following 'I am' yoga sequence. Before each pose say the words in capitals all together 'I am.....'

STRONG - Warrior 2

Keep your arms in line with your shoulders.

Extend from fingertip to fingertip as if reaching in both directions.

Keep your front knee over your ankle.



KIND - Tree pose

Keep your gaze soft.

Place your foot on either your knee or your thigh.



BRAVE - Chair pose

Tuck your hips under.

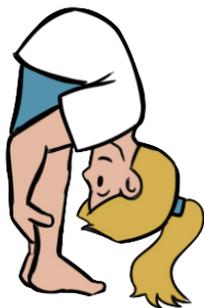
Sit back so that you can see your toes past your knees.



HUMBLE - Forward fold

Bend your knees as much as needed.

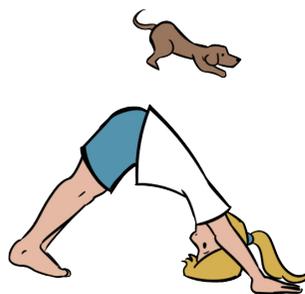
Fold from your hips.



FRIENDLY - Down dog

Keep your back flat and hips lifted.

Make this easier by bending your knees to keep your hips high.



RESILIENT - Cat pose

Hips above your knees and shoulders over your hands.

Push down with your hands and lift between your shoulders.



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

Ask the pupils to try and move slowly and with control from one pose to the next as if they were moving through honey.

Hold the the pose on the in breath and move on the out breath.

Make this harder by holding the poses for longer breaths.

Yoga wave:

A Give the pupils their own yoga card. Ask them to practise their pose, holding it as they take three controlled breaths.

B Choose one pupil to start the wave. They say the name of their yoga pose and then show the pose. The person to their right follows the same movement. The next person continues, and the next, until the pose travels around the whole circle. Repeat with the next pupil starting the wave.

Focus on breathing slowly in the pose.

Make this easier by completeing the poses all together and holding for four breaths.

Make this harder by adding the poses on to one another to create a flow of poses.

Mindfulness, balanced breath:

Ask the pupils to sit up comfortably on their yoga mat. Place their palms open in their lap.

Sit with a tall spine and relaxed shoulders.

Ask the pupils to keep their left hand open and close their right. Imagine that they can breathe in through their left nostril, filling the whole left side of them from their toes to the top of their head.

It can help to visualise the breath coming in as a beautiful white light.

Breathe into the left side until it fills to the brim. Then, close the left hand and open the right. Ask the pupils to breathe out and imagine the breath coming out the right nostril, emptying the right side of the body of breath. Imagine their breath coming out from the top of the head down the right side and out of their fingers. Then, ask the pupils to breathe into their right side, once full to the top of the head, close the right hand and open the left. Breathe out through the left.

Repeat several times. After 10 rounds, open both palms and release the breath and visualise the white light coming through both sides.

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 to notice how the mindfulness experience made them feel.

Can they share any words that describes their feelings?

Were they able to visualise the white light?

Which poses challenged their strength? Which muscles were challenged in those poses?