

Lesson Objective To perform the breathing technique needed for each Yoga pose **Lesson 1/6**

Equipment Needed Yoga mats (if available), speaker.

Success Criteria Children can:

- Show signs of control when performing each Yoga pose
- Breathe in through their nose and out through the mouth
- Be introduced to Sun, Moon, Star, Warrior, Mountain, and Lotus poses

Warm Up Start the lesson with each child in a space/on a yoga mat. We start our journey early in the morning, and the sun is about to rise. Introduce breathing in through their nose and out through the mouth.

Main Activity Choose one child to turn the 1st Yoga Card over.
Spend time to talk about the pose and encourage the children to breathe in through their nose, and out through their mouth.
Repeat pose a few times, so children have plenty of time to practice / hold each pose.
Repeat the process, for each remaining card.
Use the Moon, Star, Warrior, Mountain, and Lotus poses in lesson.
Repeat for all poses.

Cooldown After the last card is turned, children will find a space / yoga mat for the 'REST' card. This will be the last pose of the lesson, and will encourage children to rest, sit still and concentrate on their breathing.

Key Technical Points

Sun:

- Hold out arms and move in a circle to represent the sun
- Children to breathe in through the nose, and out through the mouth

Star:

- Stretch up tall and reach up to the sky
- Twinkle fingers
- Keep stomach strong

Mountain:

- Feet shoulder width apart
- Hands out to the side
- Chin towards the chest

Moon:

- Reach up tall
- Lean to left, like a half-moon
- Repeat on other side

Warrior:

- Stand feet shoulder width apart
- Arms out to the side
- Stand strong and keep head still

Lotus:

- Sit with your legs crossed
- Breathe in through nose and out through your mouth



Sun



Moon



Star



Warrior



Mountain

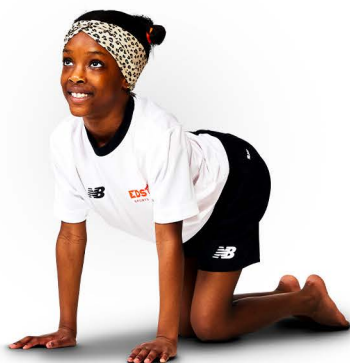


Lotus

Lesson Objective	To perform poses that involve flexibility		Lesson 2/6
Equipment Needed	Yoga mats (if available), speaker.		
Success Criteria	Children can: • Show increasing flexibility and maintain control of each pose • Show good strength, to hold themselves in each Yoga pose • Be introduced to Cobra, Cow and Whale poses		
Warm Up	Start the lesson with each child in a space/on a yoga mat. We start our journey early in the morning, and the sun is about to rise. Introduce breathing in through their nose and out through the mouth.		
Main Activity	Choose one child to turn the 1st Yoga Card over. Spend time to talk about the pose and encourage the children to breathe in through their nose, and out through their mouth. Repeat pose a few times, so children have plenty of time to practice / hold each pose. Repeat the process, for each remaining card. Use the poses from last lesson and add the Cobra, Cow and Whale. Repeat for all poses.		
Cooldown	After the last card is turned, children will find a space / yoga mat for the 'REST' card. This will be the last pose of the lesson, and will encourage children to rest, sit still and concentrate on their breathing.		
Key Technical Points	Cow: • Start on all fours • Push stomach towards the ground • Look up towards the sky Cobra: • Lie on floor, hand slightly in front of shoulders. • Raise body upwards, hold head up high Whale: • Lie on your stomach • Reach round and hold onto toes • Lift chest up slightly		



Cobra



Cow



Whale

Lesson Objective	To perform poses that involve balancing		Lesson 3/6
Equipment Needed	Yoga mats (if available), speaker.		
Success Criteria	Children can: • Show good balance when performing each pose • Use their stomach (core) muscles to keep control of their bodies • Be introduced to Dog, Tree, and Eagle poses		
Warm Up	Start the lesson with each child in a space/on a yoga mat. We start our journey early in the morning, and the sun is about to rise. Introduce breathing in through their nose and out through the mouth.		
Main Activity	Choose one child to turn the 1st Yoga Card over. Spend time to talk about the pose and encourage the children to breathe in through their nose, and out through their mouth. Repeat pose a few times, so children have plenty of time to practice / hold each pose. Repeat the process, for each remaining card. Use the poses from last lesson and add the Dog, Tree and Eagle. Repeat for all poses.		
Cooldown	After the last card is turned, children will find a space / yoga mat for the 'REST' card. This will be the last pose of the lesson, and will encourage children to rest, sit still and concentrate on their breathing.		
Key Technical Points	Dog: • Place hands and feet on floor and raise bottom Tree: • Hands together • Stand on 1 leg with foot near ankle • Move hands upwards • Stand strong Eagle: • Place hand on opposite shoulder • Repeat on other side • Raise one leg across body • Swap legs and repeat		



Tree



Eagle



Dog

Lesson Objective	To perform poses that involve movement		Lesson 4/6
Equipment Needed	Yoga mats (if available), speaker.		
Success Criteria	Children can: • Show strength and control whilst moving during each pose • Start to complete the Yoga poses with some confidence • Be introduced to Frog, Gorilla, Crocodile and Elephant poses		
Warm Up	Start the lesson with each child in a space/on a yoga mat. We start our journey early in the morning, and the sun is about to rise. Introduce breathing in through their nose and out through the mouth.		
Main Activity	Choose one child to turn the 1st Yoga Card over. Spend time to talk about the pose and encourage the children to breathe in through their nose, and out through their mouth. Repeat pose a few times, so children have plenty of time to practice / hold each pose. Repeat the process, for each remaining card. Use the poses from last lesson and add the Frog, Gorilla, Elephant and Crocodile. Repeat for all poses.		
Cooldown	After the last card is turned, children will find a space /yoga mat for the 'REST' card. This will be the last pose of the lesson, and will encourage children to rest, sit still and concentrate on their breathing.		
Key Technical Points	Frog: • Start in a squatting position, hands in front • Jump up and land • Repeat Elephant: • Hands together leaning forward (like a trunk) • Swing arms 4 times Gorilla: • Jump up and land in a squat • Lower one fist to the floor and the repeat with other • Repeat Crocodile: • Lie down on back, lift leg up and bring back down • Repeat for other leg		



Gorilla



Crocodile



Elephant



Frog

Lesson Objective	To create their own Yoga routine using the poses that have been taught	Lesson 5/6
Equipment Needed	Yoga mats (if available), speaker, pare, pens, whiteboards, whiteboard pens.	
Success Criteria	Children can: • Remember each Yoga pose and describe and perform them • Plan a routine using the pose taught • Plan a routine with up to 6 Yoga poses	
Warm Up	Start the lesson with each child in a space/on a yoga mat. We start our journey early in the morning, and the sun is about to rise. Introduce breathing in through their nose and out through the mouth.	
Main Activity	Children will work in pairs and prepare and plan a 6 pose Yoga routine to deliver to their peers. Spend time to talk about the pose and encourage the children to breathe in through their nose, and out through their mouth. Repeat pose a few times, so children have plenty of time to practice / hold each pose. Remind children of the poses we have learnt, and allow them to practice them in their pairs. Get each pair to deliver the routine to each other in preparation of next lesson.	
Cooldown	After the last card is turned, children will find a space /yoga mat for the 'REST' card. This will be the last pose of the lesson, and will encourage children to rest, sit still and concentrate on their breathing.	



Lesson Objective	To deliver a Yoga lesson and deliver to a small group	Lesson 6/6
Equipment Needed	Yoga mats (if available), speaker, pare, pens, whiteboards, whiteboard pens.	
Success Criteria	Children can: • Demonstrate, teach, and lead a small group • Give useful and supportive feedback to improve poses • Show respect during poses and relaxation	
Warm Up	Start the lesson with each child in a space/on a yoga mat. We start our journey early in the morning, and the sun is about to rise. Introduce breathing in through their nose and out through the mouth.	
Main Activity	Recap last week's lesson, then split the class into groups of 8 (4 pairs) Each pair will then take it in turns to deliver their Yoga Routine to the other in their group. Repeat so all pairs teach their Yoga Routines. 4 pairs will be teaching at a time I the space, but only to their small groups.	
Cooldown	After the last card is turned, children will find a space /yoga mat for the 'REST' card. This will be the last pose of the lesson, and will encourage children to rest, sit still and concentrate on their breathing.	

