

Year 4 - Development of Yoga Lesson Plan

MOVING
EDSTART

Lesson Objective	To develop the breathing technique needed for each Yoga pose	Lesson 1/6
Equipment Needed	Yoga mats (if available), speaker.	
Success Criteria	Children can: <ul style="list-style-type: none">• 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: <ul style="list-style-type: none">• 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: <ul style="list-style-type: none">• Stretch up tall and reach up to the sky• Twinkle fingers• Keep stomach strong Mountain: <ul style="list-style-type: none">• Feet shoulder width apart• Hands out to the side• Chin towards the chest	Moon: <ul style="list-style-type: none">• Reach up tall• Lean to left, like a half-moon• Repeat on other side Warrior: <ul style="list-style-type: none">• Stand feet shoulder width apart• Arms out to the side• Stand strong and keep head still Lotus: <ul style="list-style-type: none">• Sit with your legs crossed• Breathe in through nose and out through your mouth



Sun



Moon



Star



Warrior



Mountain



Lotus

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Lesson Objective	To develop poses that involve flexibility	Lesson 2/6
Equipment Needed	Yoga mats (if available), speaker.	
Success Criteria	Children can: <ul style="list-style-type: none">• 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: <ul style="list-style-type: none">• Start on all fours• Push stomach towards the ground• Look up towards the sky Cobra: <ul style="list-style-type: none">• Lie on floor, hand slightly in front of shoulders.• Raise body upwards, hold head up high	Whale: <ul style="list-style-type: none">• Lie on your stomach• Reach round and hold onto toes• Lift chest up slightly



Cobra



Cow



Whale

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Lesson Objective	To develop poses that involve balancing	Lesson 3/6
Equipment Needed	Yoga mats (if available), speaker.	
Success Criteria	Children can: <ul style="list-style-type: none">• 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: <ul style="list-style-type: none">• Place hands and feet on floor and raise bottom Tree: <ul style="list-style-type: none">• Hands together• Stand on 1 leg with foot near ankle• Move hands upwards• Stand strong	Eagle: <ul style="list-style-type: none">• Place hand on opposite shoulder• Repeat on other side• Raise one leg across body• Swap legs and repeat



Tree



Eagle



Dog

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Lesson Objective	To develop poses that involve movement	Lesson 4/6
Equipment Needed	Yoga mats (if available), speaker.	
Success Criteria	Children can: <ul style="list-style-type: none">• Show strength and control whilst moving during each pose• Start to complete the Yoga poses with some confidence• Be introduced to Frog and Gorilla 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 and Gorilla. 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: <ul style="list-style-type: none">• Start in a squatting position, hands in front• Jump up and land• Repeat Gorilla: <ul style="list-style-type: none">• Jump up and land in a squat• Lower one fist to the floor and the repeat with other• Repeat	



Frog



Gorilla

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Lesson Objective	To develop poses that involve movement	Lesson 5/6
Equipment Needed	Yoga mats (if available), speaker.	
Success Criteria	Children can: <ul style="list-style-type: none">• Show strength and control whilst moving during each pose• Start to complete the Yoga poses with some confidence• Be introduced to Elephant and Crocodile 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 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	Elephant: <ul style="list-style-type: none">• Hands together leaning forward (like a trunk)• Swing arms four times	Crocodile: <ul style="list-style-type: none">• Lie down on back, lift leg up and bring back down• Repeat for other leg



Elephant



Crocodile

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Lesson Objective	To complete a full routine of Yoga poses	Lesson 6/6
Equipment Needed	Yoga mats (if available), speaker.	
Success Criteria	Children can: <ul style="list-style-type: none">Start challenge themselves by trying the 'Challenge' poseLie down and focus on their breathingConfidently complete all 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	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. Repeat all cards again, encouraging breathing and focusing on the technique.	
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.	