

Year 4 - Development of Yoga

Lesson Plan

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	<div>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 mouthStar:<ul style="list-style-type: none">• Stretch up tall and reach up to the sky• Twinkle fingers• Keep stomach strongMountain:<ul style="list-style-type: none">• Feet shoulder width apart• Hands out to the side• Chin towards the chest</div> <div>Moon:<ul style="list-style-type: none">• Reach up tall• Lean to left, like a half-moon• Repeat on other sideWarrior:<ul style="list-style-type: none">• Stand feet shoulder width apart• Arms out to the side• Stand strong and keep head stillLotus:<ul style="list-style-type: none">• Sit with your legs crossed• Breathe in through nose and out through your mouth</div>		



Sun



Moon



Star



Warrior



Mountain



Lotus

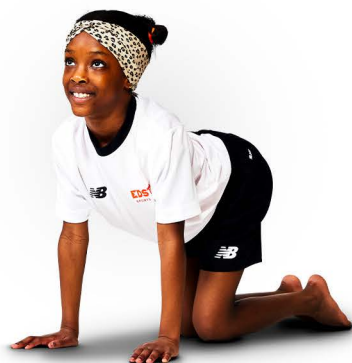
Year 4 - Development of Yoga

Lesson Plan

Lesson Objective	To develop poses that involve flexibility		Lesson 2/6
Equipment Needed	Yoga mats (if available), speaker.		
Success Criteria	<p>Children can:</p> <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	<p>Choose one child to turn the 1st Yoga Card over.</p> <p>Spend time to talk about the pose and encourage the children to breathe in through their nose, and out through their mouth.</p> <p>Repeat pose a few times, so children have plenty of time to practice / hold each pose.</p> <p>Repeat the process, for each remaining card.</p> <p>Use the poses from last lesson and add the Cobra, Cow and Whale.</p> <p>Repeat for all poses.</p>		
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	<div><p>Cow:</p><ul style="list-style-type: none">• Start on all fours• Push stomach towards the ground• Look up towards the sky<p>Cobra:</p><ul style="list-style-type: none">• Lie on floor, hand slightly in front of shoulders.• Raise body upwards, hold head up high</div> <div><p>Whale:</p><ul style="list-style-type: none">• Lie on your stomach• Reach round and hold onto toes• Lift chest up slightly</div>		



Cobra



Cow



Whale

Year 4 - Development of Yoga

Lesson Plan

Lesson Objective	To develop poses that involve balancing		Lesson 3/6
Equipment Needed	Yoga mats (if available), speaker.		
Success Criteria	<p>Children can:</p> <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	<p>Choose one child to turn the 1st Yoga Card over.</p> <p>Spend time to talk about the pose and encourage the children to breathe in through their nose, and out through their mouth.</p> <p>Repeat pose a few times, so children have plenty of time to practice / hold each pose.</p> <p>Repeat the process, for each remaining card.</p> <p>Use the poses from last lesson and add the Dog, Tree and Eagle.</p> <p>Repeat for all poses.</p>		
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	<div><p>Dog:</p><ul style="list-style-type: none">• Place hands and feet on floor and raise bottom<p>Tree:</p><ul style="list-style-type: none">• Hands together• Stand on 1 leg with foot near ankle• Move hands upwards• Stand strong</div> <div><p>Eagle:</p><ul style="list-style-type: none">• Place hand on opposite shoulder• Repeat on other side• Raise one leg across body• Swap legs and repeat</div>		



Tree



Eagle



Dog

Year 4 - Development of Yoga

Lesson Plan

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

Year 4 - Development of Yoga

Lesson Plan

Lesson Objective	To develop poses that involve movement		Lesson 5/6
Equipment Needed	Yoga mats (if available), speaker.		
Success Criteria	<p>Children can:</p> <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	<p>Choose one child to turn the 1st Yoga Card over.</p> <p>Spend time to talk about the pose and encourage the children to breathe in through their nose, and out through their mouth.</p> <p>Repeat pose a few times, so children have plenty of time to practice / hold each pose.</p> <p>Repeat the process, for each remaining card.</p> <p>Use the poses from last lesson and add the Elephant and Crocodile.</p> <p>Repeat for all poses.</p>		
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	<p>Elephant:</p> <ul style="list-style-type: none">• Hands together leaning forward (like a trunk)• Swing arms four times	<p>Crocodile:</p> <ul style="list-style-type: none">• Lie down on back, lift leg up and bring back down• Repeat for other leg	



Elephant



Crocodile

Year 4 - Development of Yoga

Lesson Plan

Lesson Objective	To complete a full routine of Yoga poses	Lesson 6/6
Equipment Needed	Yoga mats (if available), speaker.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Start challenge themselves by trying the 'Challenge' pose• Lie down and focus on their breathing• Confidently 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	<p>Choose one child to turn the 1st Yoga Card over.</p> <p>Spend time to talk about the pose and encourage the children to breathe in through their nose, and out through their mouth.</p> <p>Repeat pose a few times, so children have plenty of time to practice / hold each pose.</p> <p>Repeat the process, for each remaining card.</p> <p>Repeat all cards again, encouraging breathing and focusing on the technique.</p>	
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.	