

EYFS - 'Animal Boogie' Yoga Lesson Plan

MOVING
EDSTART

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| Lesson Objective | To perform Yoga poses whilst sat down | Lesson 1/6 |
| Equipment Needed | Yoga cards, Yoga mats (if available), speaker. | |
| Success Criteria | Children can: <ul style="list-style-type: none">• Become familiar with the Yoga routine• Control their bodies when performing each pose• Be introduced to snake, lion, parrot and zebra poses | |
| Warm Up | Children start the lesson by walking on the spot near their Yoga mat/space as the song "Animal Boogie" is played. Children recreate the actions of the song as part of their warm up. | |
| Main Activity | Children now sing the first verse of the song without the music. As they do, one child turns the first Yoga Card over. When the line "It's a...", children then stop marching and complete yoga pose. 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. Start to sing "Animal Boogie" as the children begin to march on the spot again. Repeat the process, for each remaining card. Use the snake, lion, parrot and zebra poses in lesson. Repeat the process again, allow in different children to turn the cards over. | |
| Cooldown | After the last card is turn, children will find a space/yoga mat for the 'sloth' card. This will be the last pose of the lesson, and will encourage children to rest, sit still and concentrate on their breathing. Play "Rain Sound and Rainforest Animals Sound - Relaxing Sleep" on YouTube. | |
| Key Technical Points | Snake: <ul style="list-style-type: none">• Lie on floor, hand slightly in front of shoulders• Raise body upwards, hold head up high Parrot: <ul style="list-style-type: none">• Sit with legs crossed, hands out to the side• Raise hands then lower hands | Lion: <ul style="list-style-type: none">• Sit on knees, toes together• Slide hands down legs, making big claws with hands• Let out a large "ROAR" as we reach the bottom of legs Zebra: <ul style="list-style-type: none">• Start on all fours• Flat back - Arch back |



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| Lesson Objective | To introduce Yoga poses whilst standing up tall | Lesson 2/6 |
| Equipment Needed | Yoga cards, Yoga mats (if available), speaker. | |
| Success Criteria | Children can: <ul style="list-style-type: none">Hold a balance when performing posesStand up tall with good postureBe introduced to monkey and bird poses | |
| Warm Up | Children start the lesson by walking on the spot near their Yoga mat/space as the song "Animal Boogie" is played. Children recreate the actions of the song as part of their warm up. | |
| Main Activity | Children now sing the first verse of the song without the music. As they do, one child turns the first Yoga Card over. When the line "It's a...", children then stop marching and complete yoga pose. 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. Start to sing "Animal Boogie" as the children begin to march on the spot again. Introduce the monkey and bird poses. Repeat the process, for each remaining card (snake, lion, parrot and zebra). Repeat the process again, allow in different children to turn the cards over. | |
| Cooldown | After the last card is turn, children will find a space/yoga mat for the 'sloth' card. This will be the last pose of the lesson, and will encourage children to rest, sit still and concentrate on their breathing. Play "Rain Sound and Rainforest Animals Sound - Relaxing Sleep" on YouTube. | |
| Key Technical Points | Monkey: <ul style="list-style-type: none">Stretch up tallReach with one arm, as other rests by sideRepeat on opposite side | Bird: <ul style="list-style-type: none">Place one hand on shoulderRepeat with other handElbows up like a beak |



Monkey



Bird

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| Lesson Objective | To introduce Yoga poses that involve movement | Lesson 3/6 |
| Equipment Needed | Yoga cards, Yoga mats (if available), speaker. | |
| Success Criteria | Children can: <ul style="list-style-type: none">• Show control, strength and balance when performing each pose• Be introduced to giraffe and chimpanzee poses | |
| Warm Up | Children start the lesson by walking on the spot near their Yoga mat/space as the song "Animal Boogie" is played. Children recreate the actions of the song as part of their warm up. | |
| Main Activity | Children now sing the first verse of the song without the music. As they do, one child turns the first Yoga Card over. When the line "It's a...", children then stop marching and complete yoga pose. 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. Start to sing "Animal Boogie" as the children begin to march on the spot again. Introduce the giraffe and chimpanzee poses. Repeat the process, for each remaining card (snake, lion, parrot, zebra, monkey and bird). Repeat the process again, allow in different children to turn the cards over. | |
| Cooldown | After the last card is turn, children will find a space/yoga mat for the 'sloth' card. This will be the last pose of the lesson, and will encourage children to rest, sit still and concentrate on their breathing. Play "Rain Sound and Rainforest Animals Sound – Relaxing Sleep" on YouTube. | |
| Key Technical Points | Giraffe: <ul style="list-style-type: none">• Stretch up tall and turn to the side• Step out with one leg• Reach up to the top of the tree• Bend down to the river• Repeat on opposite side | Chimpanzee: <ul style="list-style-type: none">• Jump up• Squat down• Pump fist towards the floor |



Giraffe



Chimpanzee

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| Lesson Objective | To introduce breathing techniques when performing Yoga poses | Lesson 4/6 |
| Equipment Needed | Yoga cards, Yoga mats (if available), speaker. | |
| Success Criteria | Children can: <ul style="list-style-type: none">• Sit/stand up tall and focus on slowly breathing• Breathe as they perform each Yoga pose• Be introduced to flamingo and leopard poses | |
| Warm Up | Children start the lesson by walking on the spot near their Yoga mat/space as the song "Animal Boogie" is played. Children recreate the actions of the song as part of their warm up. | |
| Main Activity | Children now sing the first verse of the song without the music. As they do, one child turns the first Yoga Card over. When the line "It's a...", children then stop marching and complete yoga pose. 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. Start to sing "Animal Boogie" as the children begin to march on the spot again. Introduce the cub and bee poses. Repeat the process, for each remaining card (snake, lion, parrot, zebra, monkey, bird, giraffe and chimpanzee). Repeat the process again, allow in different children to turn the cards over. | |
| Cooldown | After the last card is turn, children will find a space/yoga mat for the 'sloth' card. This will be the last pose of the lesson, and will encourage children to rest, sit still and concentrate on their breathing. Play "Rain Sound and Rainforest Animals Sound - Relaxing Sleep" on YouTube. | |
| Key Technical Points | Cub: <ul style="list-style-type: none">• Lie on the floor• Hands and Feet in the air• Roll from side to side Bee: <ul style="list-style-type: none">• Sit cross-legged if possible• Breathe in through the nose and out through the lips• Sit up tall | |



Cub



Bee

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| Lesson Objective | To complete a full routine of Yoga poses | Lesson 5/6 |
| Equipment Needed | Yoga cards, Yoga mats (if available), speaker. | |
| Success Criteria | Children can: <ul style="list-style-type: none">Begin to focus on their breathing, slowly in and outTalk about the effects of activity on their bodiesRemember the poses they have learnt | |
| Warm Up | Children start the lesson by walking on the spot near their Yoga mat/space as the song "Animal Boogie" is played. Children recreate the actions of the song as part of their warm up. | |
| Main Activity | Children now sing the first verse of the song without the music. As they do, one child turns the first Yoga Card over. When the line "It's a...", children then stop marching and complete yoga pose. 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. Start to sing "Animal Boogie" as the children begin to march on the spot again. Introduce the cub and bee poses. Repeat the process, for each remaining card (snake, lion, parrot, zebra, monkey, bird, giraffe, chimpanzee, cub and bee). Repeat the process again, allow in different children to turn the cards over. | |
| Cooldown | After the last card is turn, children will find a space/yoga mat for the 'sloth' card. This will be the last pose of the lesson, and will encourage children to rest, sit still and concentrate on their breathing. Play "Rain Sound and Rainforest Animals Sound - Relaxing Sleep" on YouTube. | |

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| Lesson Objective | To complete a full routine of Yoga poses | Lesson 6/6 |
| Equipment Needed | Yoga cards, Yoga mats (if available), speaker. | |
| Success Criteria | Children can: <ul style="list-style-type: none">Start to keep their tummy strong when performing each poseLie down and focus on their breathingConfidently complete all Yoga poses | |
| Warm Up | Children start the lesson by walking on the spot near their Yoga mat/space as the song "Animal Boogie" is played. Children recreate the actions of the song as part of their warm up. | |
| Main Activity | Children now sing the first verse of the song without the music. As they do, one child turns the first Yoga Card over. When the line "It's a...", children then stop marching and complete yoga pose. 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. Start to sing "Animal Boogie" as the children begin to march on the spot again. Introduce the cub and bee poses. Repeat the process, for each remaining card (snake, lion, parrot, zebra, monkey, bird, giraffe, chimpanzee, cub and bee). Repeat the process again, allow in different children to turn the cards over. | |
| Cooldown | After the last card is turn, children will find a space/yoga mat for the 'sloth' card. This will be the last pose of the lesson, and will encourage children to rest, sit still and concentrate on their breathing. Play "Rain Sound and Rainforest Animals Sound - Relaxing Sleep" on YouTube. | |