

Year 1 - 'Jungle' Yoga

Lesson Plan

Lesson Objective	To perform Yoga poses whilst lay or sat down	Lesson 1/6
Equipment Needed	Yoga cards, Yoga mats (if available), speaker.	
Success Criteria	Children can: • Become familiar with the Yoga routine • Control their bodies when performing each pose • Be introduced to snake, lion, parrot and zebra 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. The children then walk around the classroom/hall as they sing "Walking through the Jungle" - Follow the actions on the song.	
Main Activity	Choose one child to turn the 1st Yoga Card over, then start singing, "Walking Through the Jungle, Walking Through the Jungle. What do you see? What do you see?" We now sing the next line of the song "I can see a chasing after me..... running after me..... sliding after me..... flying over me" as the children stand in a space/on yoga mat and complete the first 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. Turn the next card over and repeat the song "Walking through the Jungle" as the children begin to move around the space again. Repeat the process, for the snake, lion, parrot and zebra poses.	
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".	
Key Technical Points	Snake: • Lie on floor, hand slightly in front of shoulders • Raise body upwards, hold head up high Parrot: • Sit with legs crossed, hands out to the side • Raise hands then lower hands Lion: • 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: • Start on all fours • Flat back - Arch back	



Year 1 - 'Jungle' Yoga

Lesson Plan

Lesson Objective	To introduce Yoga poses whilst stood up		Lesson 2/6
Equipment Needed	Yoga cards, Yoga mats (if available), speaker.		
Success Criteria	Children can: • Sit/stand up tall and maintain control of their bodies • Stand up tall with good posture • Be introduced to monkey and bird 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. The children then walk around the classroom/hall as they sing “Walking through the Jungle” – Follow the actions on the song.		
Main Activity	Choose one child to turn the 1st Yoga Card over, then start singing, “Walking Through the Jungle, Walking Through the Jungle. What do you see? What do you see?” We now sing the next line of the song “I can see a chasing after me..... running after me..... sliding after me..... flying over me” as the children stand in a space/on a yoga mat and complete the first 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. Complete the monkey and bird poses. Turn the next card over and repeat the song “Walking through the Jungle” as the children begin to move around the space again. Repeat the process, for the monkey, bird, snake, lion, parrot and zebra poses.		
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”.		
Key Technical Points	Monkey: • Stretch up tall • Reach with one arm, as other rests by side • Repeat on opposite side	Bird: • Place one hand on shoulder • Repeat with other hand • Elbows up like a beak	



Monkey



Bird

Year 1 - 'Jungle' Yoga

Lesson Plan

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: • Show control, strength and balance when performing each pose • Move their bodies in different ways • Be introduced to giraffe and chimpanzee 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. The children then walk around the classroom/hall as they sing "Walking through the Jungle" – Follow the actions on the song.		
Main Activity	Choose one child to turn the 1st Yoga Card over, then start singing, "Walking Through the Jungle, Walking Through the Jungle. What do you see? What do you see?" We now sing the next line of the song "I can see a chasing after me..... running after me..... sliding after me..... flying over me" as the children stand in a space/on yoga mat and complete the first 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. Complete the giraffe and chimpanzee poses. Turn the next card over and repeat the song "Walking through the Jungle" as the children begin to move around the space again. Repeat the process, for the giraffe, chimpanzee, monkey, bird, snake, lion, parrot and zebra poses.		
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".		
Key Technical Points	Giraffe: • 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: • Jump up • Squat down • Pump fist towards the floor	



Giraffe



Chimpanzee

Year 1 - 'Jungle' Yoga

Lesson Plan

Lesson Objective	To introduce Yoga poses that involve balancing		Lesson 4/6
Equipment Needed	Yoga cards, Yoga mats (if available), speaker.		
Success Criteria	Children can: • Hold a balance when performing poses • Breathe as they perform each Yoga pose • Be introduced to flamingo and leopard 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. The children then walk around the classroom/hall as they sing "Walking through the Jungle" - Follow the actions on the song.		
Main Activity	Choose one child to turn the 1st Yoga Card over, then start singing, "Walking Through the Jungle, Walking Through the Jungle. What do you see? What do you see?" We now sing the next line of the song "I can see a chasing after me..... running after me..... sliding after me..... flying over me" as the children stand in a space/on yoga mat and complete the first 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. Complete the flamingo and leopard poses. Turn the next card over and repeat the song "Walking through the Jungle" as the children begin to move around the space again. Repeat the process, for the flamingo, leopard, giraffe, chimpanzee, monkey, bird, snake, lion, parrot and zebra poses.		
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".		
Key Technical Points	Flamingo: • Hands together • Stand on one leg with foot near ankle • Move hands upwards • Stand strong	Leopard: • Place hands and knees on floor • Push feet into ground as you push bottom upwards	



Flamingo



Leopard

Year 1 - 'Jungle' Yoga

Lesson Plan

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: • Begin to focus on their breathing, slowly in and out • Remember the poses they have learnt • Be introduced to cub and bee 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. The children then walk around the classroom/hall as they sing "Walking through the Jungle" - Follow the actions on the song.		
Main Activity	Choose one child to turn the 1st Yoga Card over, then start singing, "Walking Through the Jungle, Walking Through the Jungle. What do you see? What do you see?" We now sing the next line of the song "I can see a chasing after me..... running after me..... sliding after me..... flying over me" as the children stand in a space/on yoga mat and complete the first 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. Complete the cub and bee poses. Turn the next card over and repeat the song "Walking through the Jungle" as the children begin to move around the space again. Repeat the process, for the cub, bee, flamingo, leopard, giraffe, chimpanzee, monkey, bird, snake, lion, parrot and zebra poses.		
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".		
Key Technical Points	Cub: • Lie on the floor • Hands and Feet in the air • Roll from side to side	Bee: • Sit cross-legged if possible • Breathe in through the nose and out through the lips • Sit up tall	



Cub



Bee

Year 1 - 'Jungle' Yoga

Lesson Plan

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: • Start to keep their tummy strong when performing each 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. The children then walk around the classroom/hall as they sing "Walking through the Jungle" - Follow the actions on the song.	
Main Activity	Choose one child to turn the 1st Yoga Card over, then start singing, "Walking Through the Jungle, Walking Through the Jungle. What do you see? What do you see?" We now sing the next line of the song "I can see a chasing after me..... running after me..... sliding after me..... flying over me" as the children stand in a space/on yoga mat and complete the first 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. Turn the next card over and repeat the song "Walking through the Jungle" as the children begin to move around the space again. Repeat the process, for the cub, bee, flamingo, leopard, giraffe, chimpanzee, monkey, bird, snake, lion, parrot and zebra poses.	
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".	