

<b>Lesson Objective</b>	To perform the breathing technique needed for each Yoga pose		<b>Lesson 1/6</b>
<b>Equipment Needed</b>	Yoga mats (if available), speaker.		
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"> <li>• Show signs of control when performing each Yoga pose</li> <li>• Breathe in through their nose and out through the mouth</li> <li>• Be introduced to Sun, Moon, Star, Warrior, Mountain, and Lotus poses</li> </ul>		
<b>Warm Up</b>	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.		
<b>Main Activity</b>	<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 Moon, Star, Warrior, Mountain, and Lotus poses in lesson.</p> <p>Repeat for all poses.</p>		
<b>Cooldown</b>	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.		
<b>Key Technical Points</b>	<div> <p><b>Sun:</b></p> <ul style="list-style-type: none"> <li>• Hold out arms and move in a circle to represent the sun</li> <li>• Children to breathe in through the nose, and out through the mouth</li> </ul> <p><b>Star:</b></p> <ul style="list-style-type: none"> <li>• Stretch up tall and reach up to the sky</li> <li>• Twinkle fingers</li> <li>• Keep stomach strong</li> </ul> <p><b>Mountain:</b></p> <ul style="list-style-type: none"> <li>• Feet shoulder width apart</li> <li>• Hands out to the side</li> <li>• Chin towards the chest</li> </ul> </div> <div> <p><b>Moon:</b></p> <ul style="list-style-type: none"> <li>• Reach up tall</li> <li>• Lean to left, like a half-moon</li> <li>• Repeat on other side</li> </ul> <p><b>Warrior:</b></p> <ul style="list-style-type: none"> <li>• Stand feet shoulder width apart</li> <li>• Arms out to the side</li> <li>• Stand strong and keep head still</li> </ul> <p><b>Lotus:</b></p> <ul style="list-style-type: none"> <li>• Sit with your legs crossed</li> <li>• Breathe in through nose and out through your mouth</li> </ul> </div>		



**Sun**



**Moon**



**Star**



**Warrior**



**Mountain**

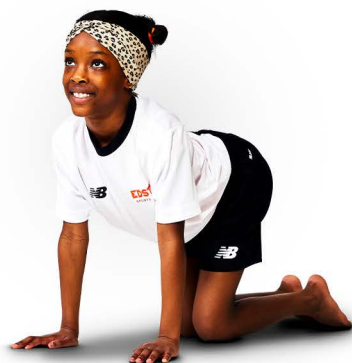


**Lotus**

<b>Lesson Objective</b>	To perform poses that involve flexibility		<b>Lesson 2/6</b>
<b>Equipment Needed</b>	Yoga mats (if available), speaker.		
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>• Show increasing flexibility and maintain control of each pose</li><li>• Show good strength, to hold themselves in each Yoga pose</li><li>• Be introduced to Cobra, Cow and Whale poses</li></ul>		
<b>Warm Up</b>	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.		
<b>Main Activity</b>	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.		
<b>Cooldown</b>	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.		
<b>Key Technical Points</b>	<div><b>Cow:</b><ul style="list-style-type: none"><li>• Start on all fours</li><li>• Push stomach towards the ground</li><li>• Look up towards the sky</li></ul></div> <div><b>Cobra:</b><ul style="list-style-type: none"><li>• Lie on floor, hand slightly in front of shoulders.</li><li>• Raise body upwards, hold head up high</li></ul></div> <div><b>Whale:</b><ul style="list-style-type: none"><li>• Lie on your stomach</li><li>• Reach round and hold onto toes</li><li>• Lift chest up slightly</li></ul></div>		



**Cobra**



**Cow**



**Whale**

<b>Lesson Objective</b>	To perform poses that involve balancing		<b>Lesson 3/6</b>
<b>Equipment Needed</b>	Yoga mats (if available), speaker.		
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"> <li>• Show good balance when performing each pose</li> <li>• Use their stomach (core) muscles to keep control of their bodies</li> <li>• Be introduced to Dog, Tree, and Eagle poses</li> </ul>		
<b>Warm Up</b>	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.		
<b>Main Activity</b>	<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>		
<b>Cooldown</b>	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.		
<b>Key Technical Points</b>	<div> <p><b>Dog:</b></p> <ul style="list-style-type: none"> <li>• Place hands and feet on floor and raise bottom</li> </ul> </div> <div> <p><b>Tree:</b></p> <ul style="list-style-type: none"> <li>• Hands together</li> <li>• Stand on 1 leg with foot near ankle</li> <li>• Move hands upwards</li> <li>• Stand strong</li> </ul> </div> <div> <p><b>Eagle:</b></p> <ul style="list-style-type: none"> <li>• Place hand on opposite shoulder</li> <li>• Repeat on other side</li> <li>• Raise one leg across body</li> <li>• Swap legs and repeat</li> </ul> </div>		



**Tree**



**Eagle**



**Dog**

<b>Lesson Objective</b>	To perform poses that involve movement		<b>Lesson 4/6</b>
<b>Equipment Needed</b>	Yoga mats (if available), speaker.		
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"> <li>• Show strength and control whilst moving during each pose</li> <li>• Start to complete the Yoga poses with some confidence</li> <li>• Be introduced to Frog, Gorilla, Crocodile and Elephant poses</li> </ul>		
<b>Warm Up</b>	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.		
<b>Main Activity</b>	<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 Frog, Gorilla, Elephant and Crocodile.</p> <p>Repeat for all poses.</p>		
<b>Cooldown</b>	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.		
<b>Key Technical Points</b>	<div> <p><b>Frog:</b></p> <ul style="list-style-type: none"> <li>• Start in a squatting position, hands in front</li> <li>• Jump up and land</li> <li>• Repeat</li> </ul> <p><b>Elephant:</b></p> <ul style="list-style-type: none"> <li>• Hands together leaning forward (like a trunk)</li> <li>• Swing arms 4 times</li> </ul> </div> <div> <p><b>Gorilla:</b></p> <ul style="list-style-type: none"> <li>• Jump up and land in a squat</li> <li>• Lower one fist to the floor and the repeat with other</li> <li>• Repeat</li> </ul> <p><b>Crocodile:</b></p> <ul style="list-style-type: none"> <li>• Lie down on back, lift leg up and bring back down</li> <li>• Repeat for other leg</li> </ul> </div>		



**Gorilla**



**Crocodile**



**Elephant**



**Frog**

<b>Lesson Objective</b>	To create their own Yoga routine using the poses that have been taught	<b>Lesson 5/6</b>
<b>Equipment Needed</b>	Yoga mats (if available), speaker, pare, pens, whiteboards, whiteboard pens.	
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"> <li>• Remember each Yoga pose and describe and perform them</li> <li>• Plan a routine using the pose taught</li> <li>• Plan a routine with up to 4 Yoga poses</li> </ul>	
<b>Warm Up</b>	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.	
<b>Main Activity</b>	<p>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.</p> <p>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.</p> <p>Get each pair to deliver the routine to each other in preparation of next lesson.</p>	
<b>Cooldown</b>	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.	





<b>Lesson Objective</b>	To deliver a Yoga lesson to a partner	<b>Lesson 6/6</b>
<b>Equipment Needed</b>	Yoga mats (if available), speaker, paper, pens, whiteboards, whiteboard pens.	
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"> <li>• Demonstrate, teach, and lead a small group</li> <li>• Give useful and supportive feedback to improve poses</li> <li>• Show respect during poses and relaxation</li> </ul>	
<b>Warm Up</b>	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.	
<b>Main Activity</b>	<p>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.</p> <p>Repeat so all pairs teach their Yoga Routines. 4 pairs will be teaching at a time in the space, but only to their small groups.</p>	
<b>Cooldown</b>	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.	

