

Yoga

Overall Learning Outcomes (Endpoints)

Children are able to:

- Breathe in through their nose and out through the mouth whilst maintaining control of their bodies
- Remember each Yoga pose and describe and perform them
- Complete the challenges for each Yoga pose
- Confidently perform Yoga poses with increasing flexibility, strength and control
- Relax and show signs of control when performing each Yoga pose
- Demonstrate, teach and lead a small group
- Give useful and supportive feedback to improve poses
- Show respect during poses and relaxation

The Sun



**Hold out arms, and move in a circle to represent the sun.
Children to breathe in through the nose, and out through
the mouth.**

Challenge: Use this breathing technique in all poses.

The Moon



Reach up tall.

Lean to left, like a half-moon.

Repeat on other side.

Challenge: Keep feet together.

The Star



Stretch up tall and reach up to the sky.

Twinkle fingers.

Keep stomach strong.

Challenge: Stand on tiptoes.

The Warrior



Stand feet shoulder width apart.

Arms out to the side.

Stand strong and keep head still.

Challenge: Kneel down in a lunge position.

The Mountain



Feet shoulder width apart.

Hands out to the side.

Chin towards the chest.

Challenge: Raise onto tiptoes.

The Lotus



Sit with your legs crossed.

Breathe in through nose and out through your mouth

**Challenge: Close eyes, and concentrate on breathing
technique**

The Cobra



Lie on floor, hand slightly in front of shoulders.

Raise body upwards, hold head up high.

Challenge: Push hands further

The Cow



Start on all fours.

Push stomach towards the ground.

Look up towards the sky.

Challenge: Lift head up to the sky

The Whale



Lie on your stomach.

Reach round and hold onto toes.

Lift chest up slightly.

Challenge: Raise chest higher off the floor.

The Dog



Place hands and feet on floor and raise bottom

Challenge: Keep legs straight and walk hands closer to feet.

The Tree



Hands together.

Stand on 1 leg with foot near ankle.

Move hands upwards.

Stand strong.

Challenge: Move leg higher.

The Eagle



Place hand on opposite shoulder.

Repeat on other side.

Raise one leg across body.

Swap legs and repeat.

Challenge: Raise leg higher across the body.

The Frog



Start in a squatting position, hands in front.

Jump up and land.

Repeat.

Challenge: Balance on hands

The Gorilla



Jump up and land in a squat.

Lower one fist to the floor and the repeat with other.

Repeat.

Challenge: Beat Chest on jump upwards

The Elephant



Hands together leaning forward (like a trunk)

Swing arms 4 times.

Challenge: Keep legs straight

The Crocodile



Lie down on back, lift leg up and bring back down.

Repeat for other leg.

Challenge: Keep leg straight and raise higher

**Click Here for Relaxing
Rainforest Music
Via YouTube**

Rest



Children lie on the floor in a comfy position.

Close their eyes and sit quietly.

**Play "Rain Sound and Rainforest Animals Sound - Relaxing
Sleep"**