

# **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 Gorrila



**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"**