

## Lesson 5 of 6

# Yoga

### EQUIPMENT

music (upbeat and slow) » music player  
 » mats (one per student and teacher)  
 » white board/paper » felt pens »  
 pencils » paper » yoga cards » Super  
 Sequence Planning Sheet

## Warm It Up

### YOGA FREEZE

Instruct students to remove their socks and shoes (no sock feet) and place them in a designated area. Invite students to move around the mats scattered throughout the activity area when the music starts, using the locomotor movement of their choice; e.g., crawling, jumping, running. When the music stops, students must freeze, walk to a vacant mat and demonstrate a yoga pose. Repeat several times, providing an opportunity for students to look around the room and observe the poses of other students. Ask a few students in each round to name the yoga pose they are performing and generate a list of the different poses. Challenge students to demonstrate all of the poses that have been learned thus far. Gather as a large group in front of the list of poses and explain that students will have an opportunity to create their very own, totally original yoga sequence.

### ABCD's of Physical Education



### RELATED RESOURCES

- Physical Education Online website, Alberta Education, [www.education.alberta.ca/physicaleducationonline/teacherresources/toolbox/d\\_7\\_9/d\\_79\\_29.pdf](http://www.education.alberta.ca/physicaleducationonline/teacherresources/toolbox/d_7_9/d_79_29.pdf)
- Yoga Cards Website, [www.yogacards.com/yoga-pose-cards.html](http://www.yogacards.com/yoga-pose-cards.html)



### Safety First!

See Safety Guidelines page 143.



Activity	
Basic Skills	A2-3
Application of Basic Skills	

### Clues that students are achieving the outcome...

“Students will select and perform nonlocomotor skills involved in a variety of activities” *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can create their own yoga sequence.
- Students can demonstrate nose/mouth breathing during yoga.



## Whoop It Up

### YOGA SEQUENCE

Individually or in groups of 2-3, students will create a sequence of 5 to 8 poses that they will choose using the guidelines described below. Students must do poses 1 and 8, and must choose to include 3 or more of poses 2-7 in their sequence. Each pose will be repeated three times before moving to the next pose.

**Pose 1** » a breathing pattern; e.g., *Cleansing, Bunny, or Hot Air Balloon.*

**Pose 2** » a standing pose; e.g., *Mountain, Jumping, Volcano, Triangle, Warrior, Tree, or Stork.*

**Pose 3** » a pose that requires balance; e.g., *Triangle, Stork, Tree, or Warrior.*

**Pose 4** » a pose that uses hands and feet; e.g., *All Fours or Downward Dog.*

**Pose 5** » a pose that uses the whole body; e.g., *Hot Air Balloon, Triangle, Warrior, All Fours, or Downward Dog.*

**Pose 6** » student choice of a pose learned in class or create and name a new pose.

**Pose 7** » a pose on the ground; e.g., *Cobra, Rock n' Roll, Swan, or Sitting position.*

**Pose 8** » a relaxing pose; e.g., *Breathing, Hot Air Balloon, or Savasana.*

Remind students that yoga is a non-competitive, individual activity and that each student should create a sequence to challenge their personal abilities. To further promote success, consider creating sets of yoga cards with pictures of the poses learned in previous lessons (see Related Resources). Allow plenty of time for students to develop and practice their yoga sequence.



### Safety First!

See Safety Guidelines page 143.



## Wrap It Up

### SHOW EM' WHAT YOU GOT!

Instruct each student or small group to get together with one other student or group and take turns acting as “yoga instructors”. Each student/group will teach and lead the other student/group through the yoga sequence they developed. Emphasize the importance of listening to the body and not doing any pose that hurts as well as being respectful of classmates. Circulate and try some of the student-developed yoga sequences.