

### Lesson 1 of 6

# Yoga

#### EQUIPMENT

music (upbeat and slow) » music player » mats (one per student and teacher) » hands-free microphone (optional)

#### RELATED RESOURCES

- YogaKids: Educating the Whole Child Through Yoga (LRC# 633356), M. Wenig, 2006, [www.lrc.education.gov.ab.ca](http://www.lrc.education.gov.ab.ca)

## Warm It Up

### SHAKE YOUR SILLIES OUT!

Instruct students to remove their shoes and socks, place them in a designated spot and stand in a personal space. If necessary, students could wear shoes, but sock feet are too slippery and could lead to injury. Explain to students that yoga is a non-competitive activity that helps stretch and relax the body and mind, and for the next few lessons you will explore yoga moves together. Yoga may be new and exciting for students, assure them that giggling and feeling weird is normal. Turn on the music and challenge students to shake their sillies out by shaking their whole body from head to toe. Note: An upbeat and fun song works well for this activity; e.g., "Follow the Leader" by Soca Boys. Move around the activity area calling out different wiggly actions; e.g., wiggle your head, right arm, left arm, shake your jelly bellies and gummy bummies, wiggle right legs and left legs. Have students shake the silliness out of every part of their bodies!



#### Safety First!

See Safety Guidelines pages 19-20.

#### ABCD's of Physical Education



Do it Daily...For Life!

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Effort	
Safety	D(2-3)-3
Goal Setting/ Personal Challenge	
Active Living in Community	

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

"Students will demonstrate the ability to listen to directions, follow rules and routines, and stay on-task while participating in physical activity" K-12 *Physical Education Program of Studies*, Alberta Learning, 2000.

- Students can follow the directions for each yoga pose
- Students can explain why they should remove shoes and socks



# Whoop It Up

## COOL CALM

Provide each student with a mat and explain that their mat is their space for the activities. Play classical, calming music and get started! Repeat each pose 3-5 times before introducing the next pose and share modifications for each pose to challenge the individual abilities of students. **Mountain** » Stand with feet hip width apart, arms at sides. Challenge students (and yourself) to try and keep their big toes on the mat while lifting all other toes up – no hands allowed! Try the opposite; lift big toes off the mat while keeping all other toes down. Then try standing on toes and rolling back to heels. **Jumping** » Stand in *Mountain Pose* and extend elbows out to the sides while placing finger tips together in front of chest, palms facing the ground. Take a breath in and jump, landing with feet and arms apart. Breathe out. Take a breath in and jump, landing with arms and legs back together. **Volcano** » Begin in jumped out *Jumping Pose*. Place palms together in “prayer” position in front of chest. Raise hands over your head keeping palms together while breathing in, and explode arms out to the sides while breathing out. Return to prayer position and try again! **Tree** » Begin in *Mountain Pose*. Lift right foot and place it against your left leg anywhere between the ankle and thigh. Some students may choose to have both feet touching the floor. Bring hands together in prayer position at chest level. Slowly raise arms over your head while maintaining balance. Then stretch arms out to the sides, spreading out fingers. Try and balance for 3 long breaths. Repeat on the opposite side, placing left foot against the right leg. **Stork** » Begin in *Mountain Pose*. Breathe in and out while gazing straight ahead. Slightly bend right knee and lift left leg off the ground holding knee at waist height. Lift left arm in front of chest, bending at the elbow to create a “bird” head. Keep hand relaxed. Try and hold the position for 3 breaths. Repeat on the opposite side, raising the right leg and arm. **Rock n’ Roll** » Sit with arms wrapped around knees, tuck chin to knees, round the back and roll onto the back and then up to sitting position. Repeat. Lay back into **Savasana**.



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See Safety Guidelines pages 19-20.



# Wrap It Up

## SAVASANA

**Savasana** » Students lie on their back on the mat with eyes closed. Breathe slowly in through the nose and out through the mouth. Consider dimming the lights. Remind students this is a quiet pose providing time for them to relax and talking is not required. On finishing Savasana, explain to students during the next lesson you will be asking volunteers to sit with you and help demonstrate yoga poses.