

Lesson 2 of 6

Yoga

EQUIPMENT

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

Warm It Up

BREATHING EASY

Instruct students to remove their socks and shoes (no sock feet), place them in a designated area, and sit on one of the mats scattered throughout the activity area. In yoga, there are 3 main ways of sitting: cross-legged, with legs extended (L-shape), or with heels tucked under buttocks (Japanese sitting posture). Encourage students to sit in the position that is most comfortable for them, and to change their sitting position at any time. Controlled breathing is a great way to calm and relax the body and mind. There are special yoga breaths that bring air in through the nose and out through the mouth in different ways. One is called a *Cleansing Breath* because it helps clear the head and lungs. Breathe in through the nose and slowly exhale a long breath out through the mouth. Try a few!

ABCD's of Physical Education



RELATED RESOURCES

- Yoga Music by Lagoonwest
- Guided Imagery for Kids (scripts and ideas available on a number of websites)



Safety First!

See Safety Guidelines page 143.



Cooperation

Communication	C2-1
Fair Play	
Leadership	
Teamwork	

Clues that students are achieving the outcome...

"Students will identify and demonstrate respectful communication skills appropriate to context" *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can say three positive things about yoga to a peer or teacher
- Students can encourage and share positive comments with students demonstrating yoga poses



Whoop It Up

LITTLE WARRIORS

Breathing and listening to the body are important parts of yoga. Students should not push any pose if it hurts.

Yoga is all about having fun and feeling good, and part of feeling good is communicating positive thoughts and respecting others. Invite 2 or 3 student volunteers to sit at the front with you and help to demonstrate each yoga pose. Repeat each pose 3-5 times before introducing the next pose and provide modifications to increase or decrease the level of difficulty of each pose.

Bunny Breath » Sit as tall as possible in a comfortable sitting position. Take 5 short breaths in through your nose (like you are sniffing) then breathe out a long smooth sigh. When students have learned the bunny breath pattern, invite them to close their eyes and repeat the pattern at their own pace.

Hot Air Balloon » Sit on heels with arms down at sides. Begin by doing *Bunny Breath*, while inflating like a hot air balloon a little with each short breath in (raise arms above head and by the 5th breath stand on tip toes). Hold the position, and then let the balloon breath out by running around the activity area until finally deflating back onto the mat.

Mountain » Refer to lesson 1.

Jumping » Refer to lesson 1.

Teapot (Triangle) » Begin in jumped out *Jumping Pose*. Turn left foot so toes point away from the body, right foot facing forward. Extend both arms straight out to the side. Bend body to the left like a teapot, reaching for toes, and hold the position. Lift body to straight position and with arms extended, jump back into *Mountain Pose*. Repeat on the opposite side, turning right toes away from body.

Brave Warrior » Begin with feet in jumped out *Jumping Pose*, and turn left foot so toes point away from the body, right foot facing forward. Extend arms out to the sides (same starting position as *Teapot Pose*). Bend left knee, keeping knee in line with the foot. Turn head to the left and breathe slowly in through the nose and out through the mouth. Repeat on the opposite side. Provide time for students to think about three things they like about yoga. Invite students to share them with a partner before returning to their mat for **Savasana**.



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Wrap It Up

GUIDED IMAGERY

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. Lead students through guided imagery (see Related Resources). Explain to students during the next lesson you will be asking them to demonstrate the three yoga sitting positions and the three types of breathing. Ask students to share one thing they like about yoga with you before leaving the activity area.