

## Lesson 3 of 6

# Yoga

### EQUIPMENT

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

## Warm It Up

### LITTLE YOGIS

Instruct students to remove their socks and shoes (no sock feet) and place them in a designated area. Students then place their mat in the activity area and sit on the mat facing a partner, who is sitting on their own mat. Explain to students they will be leading their own yoga warm up and review the three yoga sitting positions (cross-legged, L-shape and on heels) and three types of breathing (cleansing, bunny breath and hot air balloon) from lesson 2 as a large group. Instruct partners to designate one partner as the “dog” and the other as “cat”. Dogs go first and lead their partner in the three yoga sitting positions and *Cleansing Breaths*. Cats go second and lead their partner in *Bunny Breaths* and *Hot Air Balloon*.

### 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	
Fair Play	
Leadership	C(2-3)-4
Teamwork	

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

“Students will accept responsibility for assigned roles while participating in physical activity” *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can lead a partner in warm up yoga poses
- Students can follow instructions for new yoga poses



## Whoop It Up

### GETTIN' DOWN

After students have warmed up, return the focus to you and lead students through five new yoga poses. Repeat each pose 3-5 times before introducing the next pose and share modifications for each pose to challenge the individual abilities of students. **All Fours (Cat-Cow)** » Begin sitting on heels. Reach hands in front of the body on the mat with fingers outstretched until hips are above the knees, shoulders above hands, feet pointing straight back. Arch back to the sky, loosen neck and drop head down. Don't forget to breathe. Then push chest forward and look up while belly dips down and bum sticks up. Slowly move back and forth from arched back position to head up position. **Downward Dog** » Begin in *All Fours* pose. Tuck toes under each foot and ensure fingers are spread. Press onto toes and push heels down to the floor while lifting hips to the sky to create an upside down v-shape. Relax head between arms and hold for 3-5 breaths. **Snake (Cobra)** » Lie on belly with toes pointed, hands placed under the shoulders, eyes looking at the mat. Breathe in and push head and chest up. Roll shoulders back away from ears. Hisssss the breath out while lowering chest and head back to the mat. **Swan** » Begin in *All Fours* pose. Keep knees on the floor and lift lower legs to point toes to the sky. Keep arms straight and allow body to lean forward from the knees. Lift chest and gracefully lengthen neck. Breathe in and out. **Bow and Arrow** » Begin sitting in an L-shape. Bend left knee towards the chest and hold the big toe of the left foot with fingers of the left hand. Place right hand on the floor beside the hip for support. Sit tall and breathe in while pushing left leg forward to straighten it and breathe out while pulling left leg back towards chest. Repeat on opposite side. **Rock n' Roll** » Refer to lesson 1. Lay back into *Savasana*.



### Safety First!

See Safety Guidelines page 143.



## Wrap It Up

### RELAXED FROM HEAD TO TOE

While students are lying on their mats, ask them to raise their hands if they would like to cool down by doing *Savasana* with music only (no talking), and to raise their feet if they would like *Savasana* with guided imagery. Lead students through the option chosen by the majority. Explain to students during the next lesson they will learn poses to help them relax in class.