


<p><b>Lesson 1</b>  <b>Key learning: to explore yoga and mindfulness.</b></p>	<p>Success criteria:          To move safely around others.          Show focus and concentration when completing breathing.          Recognise how yoga makes them feel.</p>
<p>Warm Up and introduction</p>	<p>Place mats within a space for pupils to share with a partner.  <b>Key question: What is yoga?</b>          Explain that yoga is an exercise for mind and body. It helps us to build strength and flexibility and makes us feel good.</p> <p>Show children good sitting pose – legs crossed, back straight, hands resting on knees with palms facing up. Touch index finger and thumb.          As a class MTTT mindful statements:          Hold hand on head and say - I am ready to be mindful          Hold hand on throat - I am ready to share my ideas          Hold hand on heart - I am ready to try my best</p> <p><u>Warm Up – animal moves</u>          Explain that yoga originates from India. There are lots of animals that live in India, ask children what animals they know (elephants, monkeys, lion, tigers, rhinos etc).</p> <p>Discuss how animals move in lots of different ways – e.g. climbing, crawling, swinging and jumping. Ask children to explore each of these actions around the space (avoiding the mats).</p> <p>Direct children to move around following instructions and the following actions to match.          climbing – climbing on the spot          crawl – crawl around the space          swing – place hands on the floor, swing both feet to one side. Repeat on both sides.          jump – two feet to two feet with a controlled landing.</p> 
<p>Skill development</p>	<p>Pupils to work on a mat sharing a mat between two. Explain that we are going to be exploring some key elements of yoga – stretching, breath, poses, flow and mindfulness.</p> <p><b><u>Stretching:</u></b>          Pupils stand on their mat and complete the following:</p> <ul style="list-style-type: none"> <li>• Being curled up like a ball with chin on chest, gradually grow as tall as a tree. Repeat action a few times.  <b>Ensure their head in the last body part to uncurl.</b></li> <li>• Stretch high and wide reaching far with one hand and then the other like an animal reaching for food.  <b>Encourage them to extend their stretch all the way to their finger tips, stretching right across their chest.</b></li> <li>• Roll their shoulders forwards and backwards making the circles bigger each time. Imagine an elephant swinging his trunk in bigger and bigger circles each time.</li> <li>• Let their arms hand loose by their sides, bend their knees and twist from side to side to look behind you. Imagine you're a tiger looking for your prey behind you each time. Allow your arms to swing freely as the swing behind and in front as you twist.  <b>Encourage their bodies to be loose and fluid. Discuss letting gravity swing their arms.</b></li> </ul> <p>Challenge: children can close their eyes while performing movements.</p>

	<p><b><u>Breath:</u></b>  Discuss how the wind is strong and powerful.  Ask pupils to sit in their yoga sitting (as in warm up) but with hands in a fist on their chest.</p> <p>Breath in – slow and controlled while raising one arm up to the sky.</p> <p>Breath out – strong and powerful like the wind.  One quick and powerful breath bringing their hand back down.  Repeat on the other side.</p> <p><b><u>Poses:</u></b>  We are going to learn some animal poses before putting them together to create a ‘yoga flow’. This is a series of poses that are put together to create a sequence. Link this back to gymnastics teaching.</p> <p><b>Monkey pose</b> – standing with feet shoulder width apart. Reach high into the air as if your reaching up to climb a tree.  <b>Challenge – using tip toes</b></p> <p><b>Elephant pose</b> – Balance on one foot as you stretch the foot out to the other side. Reach arms out too like an elephants trunk. Focus on something in front of you to help balance.  <b>Challenge – close eyes, keep hands on hips.</b></p> <p><b>Sloth pose</b> – lie down on your back, stretch arms and legs out long as you lift them off the ground.  <b>Adaptation – lift just your arms or legs not both.</b></p> <p><b>Panda Pose</b> – sit with legs stretched out wide and reach high to the sky for some bamboo.</p> <p><b><u>Flow</u></b>  Pupils sit on mats explain we are going to create a ‘flow’ or sequence by linking together some of our animal movements and poses.</p> <p>Ask children to travel round the space using the moves from the warm up. When you call a pose children will stop at a mat (1 between 2) and hold their pose until a new move is called.  Encourage children to stretch as much as feels comfortable for them when posing.  <b>Challenge: children can create their own animal pose and teach it to the class to include.</b></p>
Cool Down	<p>Pupils to lie down on their backs while teacher talks –</p> <p>‘Imagine you’re an animal who has had a long and very busy day. You’ve been hunting for food, maybe running, climbing, swinging, meeting friends and now all you want to do is relax.’  <b>Pupils close eyes and take three big and slow breaths in and out.</b></p> <p>‘Relax your face, your shoulders and legs. Take two deep breaths in and out.’</p> <p>‘You lie very, very still and take one big breath and let it out with a sigh’</p> <p>Encourage children to consider how yoga made them feel, their body and their mind.</p>

