

Individual Activities

GRADES K – 3

2-1

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

ABCD's of Physical Education



Do it Daily...For Life!

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

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.

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**.



Safety First!

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.

Individual Activities

GRADES K – 3

2-3

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!

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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**.



Safety First!

See Safety Guidelines page 143.



Cooperation

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.

Individual Activities

GRADES K – 3

2-5

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*.

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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.



Cooperation

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.

Individual Activities

GRADES K – 3

2-7

Lesson 4 of 6

Yoga

EQUIPMENT

music (upbeat and slow) » music player » chairs (one per student and teacher) » white board/large sheet of paper » Tranquil Test Taker handout » hands-free microphone (optional)

Warm It Up

WHAT'S YOGA GOT TO DO WITH IT?

Instruct students to stand in a personal space.

Lead an active brainstorm, in which students will think of reasons why doing yoga is good while moving throughout the activity area. When students hear music, they move using the locomotor movement of their choice; e.g., gallop, hop, skip. When the music stops, students freeze and prepare to share their ideas with the group. Ask 2-3 students to share one benefit each of doing yoga and record before beginning the music again. Repeat until all ideas have been shared and recorded. Review the benefits of yoga identified by students and describe how participating in yoga can relax the mind and body, helping you feel good. Explain to students they are about to learn yoga moves that will help them relax before tests or anything that makes them nervous.

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RELATED RESOURCES

- Brain Dance from "A Brain Compatible Approach to Studio Dance", Anne Green Gilbert, 2004 www.newhorizons.org/strategies/arts/gilbert%202.htm
- Yoga Techniques for the Classroom, Be Fit For Life Centre (BFLL), 2008, www.befitforlife.ca



Safety First!

See Safety Guidelines pages 19-20.



Benefits of Health

Functional Fitness	
Body Image	
Well-Being	B(K-3)-8

Clues that students are achieving the outcome...

"Students will understand the connections between physical activity and emotional well-being; e.g., feels good" *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can describe how yoga can be relaxing and make them feel good
- Students can identify a variety of situations and settings in which yoga would be of benefit.



Whoop It Up

TRANQUIL TEST TAKER

Instruct students to carry a chair from the side of the activity area and set it in a personal space facing a designated wall (teacher also needs a chair). Decide as a group whether or not to play music quietly in the background for the duration of the lesson. Repeat each pose 3-5 times before introducing the next pose and share modifications for each pose to challenge the individual abilities of students. Post the moves in the Tranquil Test Taker for all students to see (use pictures for pre-readers). Begin in *Mountain Pose*, standing beside the chair and lead students through the 6 stages of **Brain Dance »**

- 1-Take a deep breath in through the nose, filling belly and lungs and exhale out the mouth. Repeat 4 more times.
- 2- Arch the back and tip head back towards tail bone, move back to centre and wiggle spine, then gently move head from side to side.
- 3- Move just the upper body, then just the lower body.
- 4- Move left side without moving right, then switch.
- 5- Hang torso forward, dangling arms to the ground. Breathe in and lift torso up, then breathe out and let body swing freely like a rag doll. Invite students to sit in the chair, emphasizing the importance of sitting tall. Lead students through the following movements. **Reach for the Sun »** Sitting tall in a chair, stretch arms high above head, spread fingers wide and look up to the sky. Breathe in. Breathe out a big sigh and lower hands to lap. **Bunny Breath »** Refer to lesson 2. **Eyes Around the Clock »** Sit tall and comfortably in a chair. Move only the eyes and look up and down pretending to look at the numbers 12 and 6 on a clock. Then look left and right at numbers 3 and 9. Look diagonally up at numbers 11 and 1, then diagonally down at numbers 7 and 5. Finally pretend to look clockwise at all of the numbers on around clock. Finish the Tranquil Test Taker with 5 **Cleansing Breaths**. Repeat the Tranquil Test Taker and ask students how they feel after performing the moves.



Safety First!

See Safety Guidelines page 143.



Wrap It Up

YOUR TURN!

Instruct students to move through the sequence with a partner or group of 3, referring to the posted list of moves as needed. Consider creating a handout that describes each move in the sequence and distributing to students as well as classroom teachers. Circulate and ask students to identify situations in which they might use the Tranquil Test Taker to relax.

Individual Activities

GRADES K – 3

2-9

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

RELATED RESOURCES

- Physical Education Online website, Alberta Education, www.education.alberta.ca/physicaleducationonline/teacherresources/toolbox/d_7_9/d_79_29.pdf
- Yoga Cards Website, www.yogacards.com/yoga-pose-cards.html

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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.



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.



Safety First!

See Safety Guidelines page 143.

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.



Activity

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.

Individual Activities

GRADES K – 3

2-11

Lesson 6 of 6

Yoga

EQUIPMENT

music (“A Charlie Brown Christmas” by Vince Guaraldi; Pachelbel’s “Canon in D”) » music player » mats (one per student and teacher) » hands-free microphone (optional)

Warm It Up

SANTA'S TOYSHOP

There are times in the school year when it is especially important for students to slow down and stretch; Christmas is one of those times. The following lesson is like a story. Instruct students to remove their socks and shoes (no sock feet) and place them in a designated area. Provide each student with a mat and ask them to place it in a personal space in the activity area. Provide ample time for students to play and imagine each Christmas yoga pose. **Elves at Work** » Students imagine they are elves busy in Santa’s workshop, building toys, skipping around the activity area, giving each other high fives. The elves are reaching up high, down low, and side to side to get supplies and put finished toys away. **Toy Check** » Half the students are toys, hanging forward limply like a rag doll, and the other half are elves running around to clean and fix the toys. Switch roles.

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RELATED RESOURCES

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



Safety First!

See Safety Guidelines page 143.



Do it Daily... For Life!

Do it Daily...For Life!

Effort	D(K-1)-1
Safety	
Goal Setting/ Personal Challenge	
Active Living in Community	

Clues that students are achieving the outcome...

“Students will show a willingness to participate regularly in short periods of activity with frequent rest intervals” K-12 *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can participate in all Christmas yoga activities



Whoop It Up

REINDEER FLIGHT

Play “A Charlie Brown Christmas” and get started!

Santa Gets Ready » Students imagine they are

Santa. Remember he is a rather large fellow. Santa enters the workshop to get ready for his trip. He needs to get into layers of warm clothing. Stretch into the clothes making sure they fit properly. Oops! Santa forgot to put on his pants! Take everything off and put it back on, including the giant pants with suspenders. Wiggle around. Is everything on? It’s time to get ready for the **Reindeer Flight** » Students move to sit in one long line in a straddle position with legs spread apart. Students are now the reindeer, harnessed together. Fly through the night to deliver toys to all the children. Lean back to fly over the moon and any airplanes in the sky, and lean from side to side to turn; some turns are fast and some are slow. Lean forward to dive toward a rooftop. **Reindeer**

Landing » Finally, Santa’s sleigh stops at a house. Santa goes down the chimney while the reindeer wait patiently on the roof. Phew, your muscles tired from flying all this way. Get onto *All Fours*. 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 seat sticks up. Slowly move back and forth from arched to head up position. **Chimney (Chair)** » It’s time to be Santa. Stand up tall, reach arms high above head and jump into that chimney, feet first of course. With arms raised above head, sit back and pretend to be sitting against the wall of the chimney. Shimmy your way down to the fireplace. Tight fit! Time to stretch. Stand tall like a Tree: Lift right foot and place it against your left leg anywhere between the ankle and thigh. Some 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.



Safety First!

See Safety Guidelines page 143.



Do it Daily...For Life!

Wrap It Up

SLEEPY TIME

Play “Canon in D” and ask students to take on the role of **Children Waiting (Savasana)** » The night is finally here. You lie in bed waiting. Toss and turn and roll around in bed until finally you relax onto your back. Close your eyes and sink into your bed. Take deep breaths and fall into the best sleep you have ever had. Allow time for students to relax and listen to the music.

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