

Yoga - Balance and Strength

End of Unit Goal - Children will show an increasing control and balance when imitating yoga poses.

Date	Objective	Outcome	Session	Resources	Key Vocabulary
1	Assessment Session - Cold Task		<p><u>Warm Up</u> - Teacher to model a variety of stretches to the children. Children to copy. Can some children come up with their own stretches to model to the class for them to copy?</p> <p><u>Assessment</u>- What do we know about yoga? What is yoga? Does anyone know any yoga poses? Children to show the poses that they know, the rest of the class to have a go at copying. Use Swivl to record children having a turn at the poses.</p> <p><u>Teaching</u> - Introduce the children to the Head, Shoulder, Yoga Pose song. Show children the pictures of the yoga poses that they are going to be using throughout the song. Children to copy the actions along to the song pausing for each of the yoga poses.</p> <p><u>Plenary</u> - Play Swivl recording back to the children</p>	<ul style="list-style-type: none"> • Yoga mats • Ipad • Meditation bowl • Chimes • Swivl 	<ul style="list-style-type: none"> • Yoga • Mindfulness
2	I can begin to develop balance and strength.	Children will know what is meant by balance.	<p><u>Warm Up</u> - Sing Heads, shoulder, yoga pose. Children to copy the actions along to the song pausing for each of the yoga poses.</p> <p><u>Teaching</u> - Explain to children that today we will be focussing on strength. Ask children 'what does strength mean?' Remind children that being strong does not mean just physically but mentally too. What do they think mentally strong means?</p> <p>Show children yoga poses for Superman and Wonder Woman. What type of strength do we need to hold these poses?</p> <p>Play Musical Statues - Children to walk around the outside of the yoga mats as the Avengers theme tune is playing. When the music stops children are to quickly find a mat and get into the yoga pose that is called out.</p>	<ul style="list-style-type: none"> • Yoga mats • Ipad • Meditation bowl • Chimes 	<ul style="list-style-type: none"> • Yoga • Pose • Strength • Mindfulness

			Plenary - Meditation bowl to be passed around the children as they sit on their mats. Children to say who their favourite Superhero is and what makes that superhero strong.		
3	I can begin to develop balance and strength.	Children will know that they need a point of focus in order to improve their balance.	<p><u>Warm Up</u> - Superhero movements to song. Marching, jump to Spidey (Malasana) High Knees to Wonder Woman (Reverse Warrior) Star Jumps to Iron Man (Mountain Hands) Punch the sky to Thor (Hero) Flash Lunge Jumps Mountain Climbers to Superman (Locust)</p> <p><u>Teaching</u> - Ask children to remember what we were focussing on in our last yoga session. What is strength? Are there different ways that we can be strong? Remind children that being strong does not mean just physically but mentally too</p> <p>Show children pose for Hero and Iron Man. Select some children to come to the front and demonstrate these to the rest of the class.</p> <p>Play corners game using the poses from this week and last (Hero, Iron Man, Wonder Woman and Superman). Children to move around the outside of the yoga mats while the Avengers theme tune is playing. Once the music stops children are to move into one of the corners and get into the correct yoga pose for that corner.</p> <p><u>Plenary</u> - Meditation bowl to be passed around the children as they sit on their mats. Ask children to think of a time that they have been strong.</p>	<ul style="list-style-type: none"> • Yoga mats • Ipad • Meditation bowl • Chimes 	<ul style="list-style-type: none"> • Yoga • Pose • Strength • Mindfulness
4	I can begin to develop balance and strength.	Children will be able to explain techniques to help them to balance with increasing control.	<p><u>Warm Up</u> - Sing Heads, shoulder, yoga pose. Children to copy the actions along to the song pausing for each of the yoga poses.</p> <p><u>Teaching</u> - Explain to children that today we will be focussing on balance. Ask children 'what does balance mean?' What can we do to help us to balance in our yoga poses?</p> <p>Explain to children that they should find something to look at and focus on in order to make it easier to balance. Ask children to try and stand still on one leg when they have their eyes closed. What do they notice? Why is this more difficult?</p> <p>Show children pose for Flash and Spiderman. Select some children to come to the front and demonstrate these to the rest of the class.</p>	<ul style="list-style-type: none"> • Yoga mats • Ipad • Meditation bowl • Chimes 	<ul style="list-style-type: none"> • Yoga • Pose • Balance • Mindfulness

			<p>Play Toga. Children to hop into the middle and use their toes to collect pom poms. Children to take only one pom pom from the middle at a time. Once all of the pom poms have been collected children to count them and tell their score to the rest of the group.</p> <p>Plenary - Meditation bowl to be passed around the children as they sit on their mats. Ask children to 'What can help us to balance?'</p>		
5	I can begin to develop balance and strength.	Children will be able to explain techniques to help them to balance with increasing control	<p><u>Warm Up</u> - Superhero movements to song. Marching, jump to Spidey (Malasana) High Knees to Wonder Woman (Reverse Warrior) Star Jumps to Iron Man (Mountain Hands) Punch the sky to Thor (Hero) Flash Lunge Jumps Mountain Climbers to Superman (Locust)</p> <p><u>Teaching</u> - Explain to children that today we will be focussing on balance again today. What did we learn about balance last week? What can we do to help us to balance? Explain that we also need to balance things in our lives too. At school we have time for work and time for play to make sure we have balance.</p> <p>Show children pose for Cat Woman and Superman. Select some children to come to the front and demonstrate these to the rest of the class.</p> <p>Play Musical Statues - Children to walk around the outside of the yoga mats as the Avengers theme tune is playing. When the music stops children are to quickly find a mat and get into the yoga pose that is called out.</p> <p>Plenary - Meditation bowl to be passed around the children as they sit on their mats. Ask children what else can be balanced?</p>	<ul style="list-style-type: none"> • Yoga mats • Ipad • Meditation bowl • Chimes 	<ul style="list-style-type: none"> • Yoga • Pose • Balance • Mindfulness
6	Assessment Session - Hot Task	End of Unit Goal - Children will show an increasing control and	<p><u>Warm Up</u> - Superhero movements to song. Marching, jump to Spidey (Malasana) High Knees to Wonder Woman (Reverse Warrior) Star Jumps to Iron Man (Mountain Hands) Punch the sky to Thor (Hero) Flash Lunge Jumps Mountain Climbers to Superman (Locust)</p> <p><u>Assessment</u>- What do we know about yoga? What is yoga? Does anyone know any yoga poses? Children to show the poses that they know, the rest of the class to have a go at copying. Use Swivl to record children having a turn at the poses.</p> <p>Children to work in small groups to create two mind maps to show all they know about</p>	<ul style="list-style-type: none"> • Yoga mats • Ipad • Meditation bowl • Chimes 	<ul style="list-style-type: none"> • Yoga • Pose • Balance • Mindfulness • Strength

		<i>balance</i> <i>when</i> <i>imitating</i> <i>yoga poses.</i>	balance and strength. Children to then share this with the rest of the class.		
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