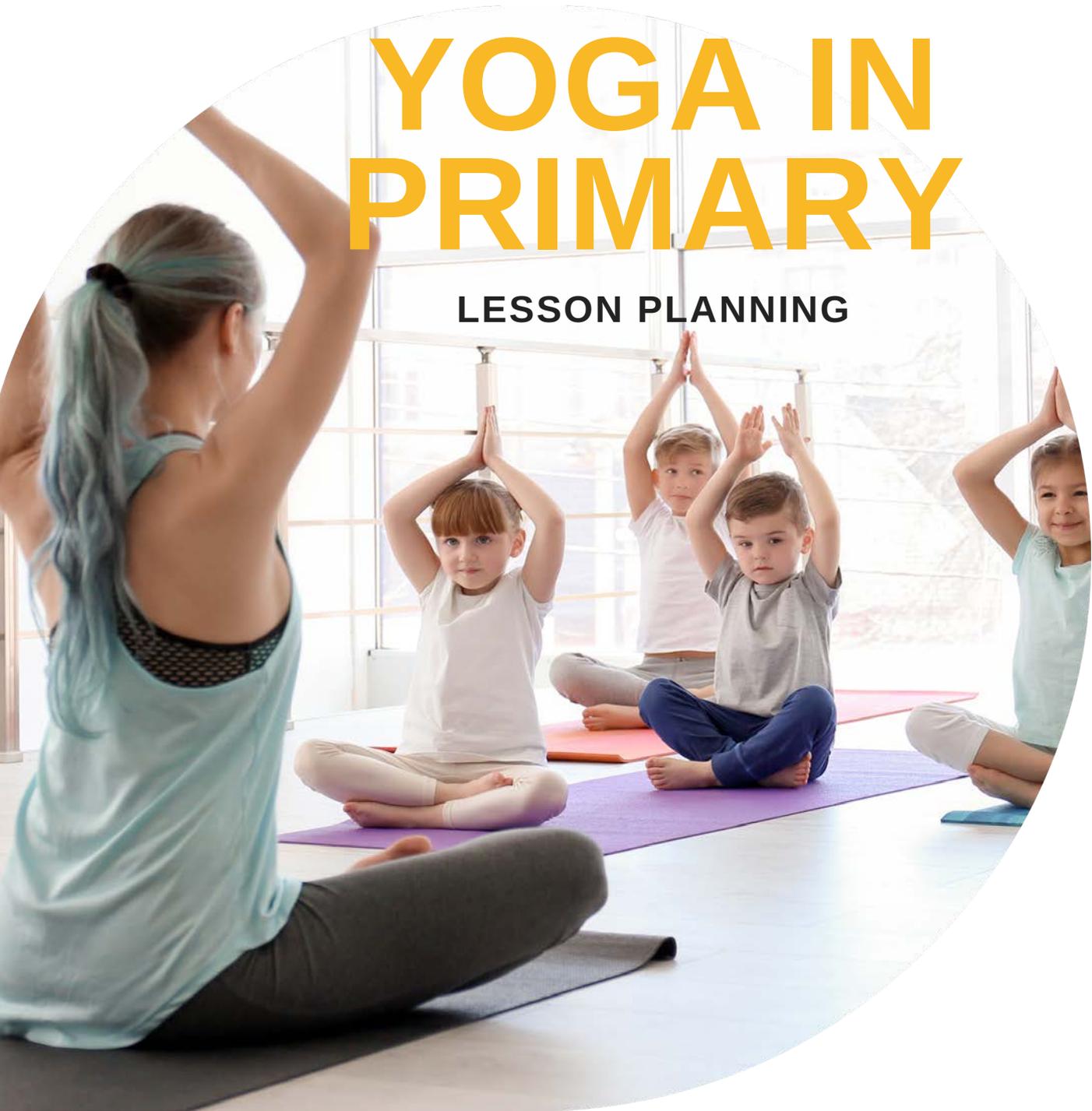


YOGA IN PRIMARY

LESSON PLANNING



The following activities are mix and match, enabling you to configure your lessons however you like to suit your schedules. We have included a selection of games which will add a little extra excitement to your lesson!

We have also included the Sanskrit translation for each pose, so why not explain the origin of Yoga and introduce a new language, by getting your class pronouncing the poses in the liturgical language of Hinduism, Buddhism and Jainism! Plus, don't forget to use the printable pose cards to help students to visualise each pose.

POSES & STRETCHES

5 - 10 minutes

Start your lesson by asking your students how they feel? Gauge what mood children are in, are there levels of excitement and even agitation in the room?

Bow Pose

Dhanurasana (don-your-AHS-anna)

(1) Ask your students to lay on their tummy, putting their arms to their sides with palms facing up (2) Then bending their knees and taking a deep breath, lift their chest forward and grab their knees (3) Hold this pose for a few seconds (if comfortable & able)



EASY FOR KIDS

Bridge Pose

Setu Bandha (SET-too BAHN-dah)

(1) Ask your students to lay on their back with feet flat on the floor and knees bent. Knees waist width apart. Keep arms along side the body and palms down (2) Once positioned, tuck the chin into the chest as they breathe, lifting their bottom off the floor pressing up (3) Hold the stretch for 15-20 seconds if possible. (4) Release with exhalation, rolling the spine slowly onto the ground.



Mountain Pose

Tadasana (Tah-da-saw-nah]

(1) Ask your students to stand with their big toes touching and heels slightly apart (2) Standing up straight with their arms at their sides, and turning their palms forward and spreading out their fingers wide (3) Keeping a straight back, lift the crown of their head up to the sky (4) Hold this pose for 20 seconds.



Star Pose

Utthita Tadasana (OO-Tee-TAH-Tah-DAHS-nna)

(1) Beginning in **MOUNTAIN POSE** (below) ask students to simply move their feet wide apart, reaching their arms outwards to their side (2) Hold the pose for 20 seconds and take a few deep breaths, then slowly lower the arms and put their feet back together. This pose works on core strength & balance.



Chair Pose

Utkatasana (OOT-kah-TAHS-anna)

(1) Beginning in **MOUNTAIN POSE**, ask students to lift their arms up in front of them at a 45 degree angle whilst looking up at their hands (2) Then slowly sink their posture into a sitting position as far as they are able (3) Gently return to Mountain pose.



IMPROVES COORDINATION

POSES & STRETCHES

5 minutes (approx)

The below Yoga poses will calm the minds of your students, helping to reduce stress whilst building strength and stretching the chest, back and legs.

Lotus Pose

Padmasana (pahd-MAHS-uh-nuh)

(1) Ask your students to sit on the floor with legs extended (2) Bend the right leg across to line up with the left elbow, and the left leg to align with the right elbow (3) Align your right foot and left elbow whilst having the right knee meet the right elbow (4) Now rest the back of the hand on each knee and pinch together the thumb and index finger (5) Ask your students to take deep breathes, whilst swaying back and fourth a few times to open the hips (5) Then hold the pose for 20 seconds.

CALMS
THE MIND



Childs Pose

Balāsana (bah-LAHS-uh-nuh)

(1) Ask your students to sit on their knees (2) Then sitting back on their heels and leaning forward, stretch their arms out in front of them with palms flat to the floor (3) Ask them to bring their forehead slowly onto the floor, with their chest laying on their thighs (4) Then move the arms slowly alongside their body. Hold the pose for 20 seconds.



Triangle Pose

Trikonasana (tree-koh-NAH-suh-nuh)

(1) Beginning in **STAR POSE** (above), ask your students to turn their right foot so its pointing to the side (2) Keep arms straight and bend their hips over their foot with toes pointing outwards (3) Exhale and raise the left arm up, resting the right hand against their right leg (palms forward facing) (4) Hold the pose for 3 deep breaths and return to standing position. Lowering hands to their sides. You can then repeat this with students on the opposite side.



Tree Pose

Vrksāsana (vrik-SHAHS-anna)

(1) Ask students to get into **MOUNTAIN POSE** (2) Then bend the right knee, placing their right foot on their left inner thigh, and hands on their hips (3) Then lift hands up to reach the sky, pressing their palms together (4) Hold the pose for 10 seconds then lower arms and place both feet back onto the floor. This pose improves balance and concentration whilst strengthening muscles and stretching the legs and chest.



BUILDS
STRENGTH

POSES & STRETCHES

5 minutes (approx)

ANIMAL INSTINCT

Now let's bring some fun into your Yoga routine! Students will love doing these animal poses whilst connecting their body and mind and imitating the animals.

Cat / Cow Stretch

Marjaryasana (mahr-jahr-ee-AHS-uh-nuh) / Bitilasana (bee-tee-LAHS-uh-nuh)



(1) Starting on hands and knees, with hands flat on the floor and knees directly below hips; keeping hands, shoulders and elbows straight. Ask students to keep eyes looking down at the floor.

(2) When exhaling, arch their back towards the ceiling, keeping shoulders and knees in position. Then release their head towards the floor gently.



(3) Next, inhale moving back into your starting position on hands and knees.

(4) Staying in position, moving into **COW POSE**, ask students to inhale, lifting their chest towards the ceiling, allowing their tummy to sink towards the floor and head looking straight ahead.

(5) Ask students to exhale, moving back into a neutral starting position on hands and knees. Repeat this 10 times.

Downward Facing Dog

Adho Mukha Svanasana (AH-doh MOO-kah shvah-NAHS-anna)

(1) Ask your students to get on their hands and knees. Hands in front of shoulders and turned outwards slightly, knees beneath hips. (2) Then exhale and press the balls of their feet to the floor and tailbone to the ceiling. Raise knees from the floor and straighten gradually. Keep the back straight (3) Stay in pose for 5 seconds, release their neck and ask them to focus on breathing! (4) Ask children to try and bring their heels to the ground (if comfortable) (5) To release the stretch, bring knees to the floor slowly and exhale.

BUILDS
STRENGTH



Lions Breath

Simhasana (sim-HAHS-anna)

Turn energy into peacefulness for your students! (1) Ask students to sit on their knees (2) Spread their fingers wide and press their hands onto their knees (3) Take a long deep breathe through their nose, then open their mouth, stick out their tongue, open their eyes wide, and breathing out of their mouth slowly... let out their loudest ROARRR!



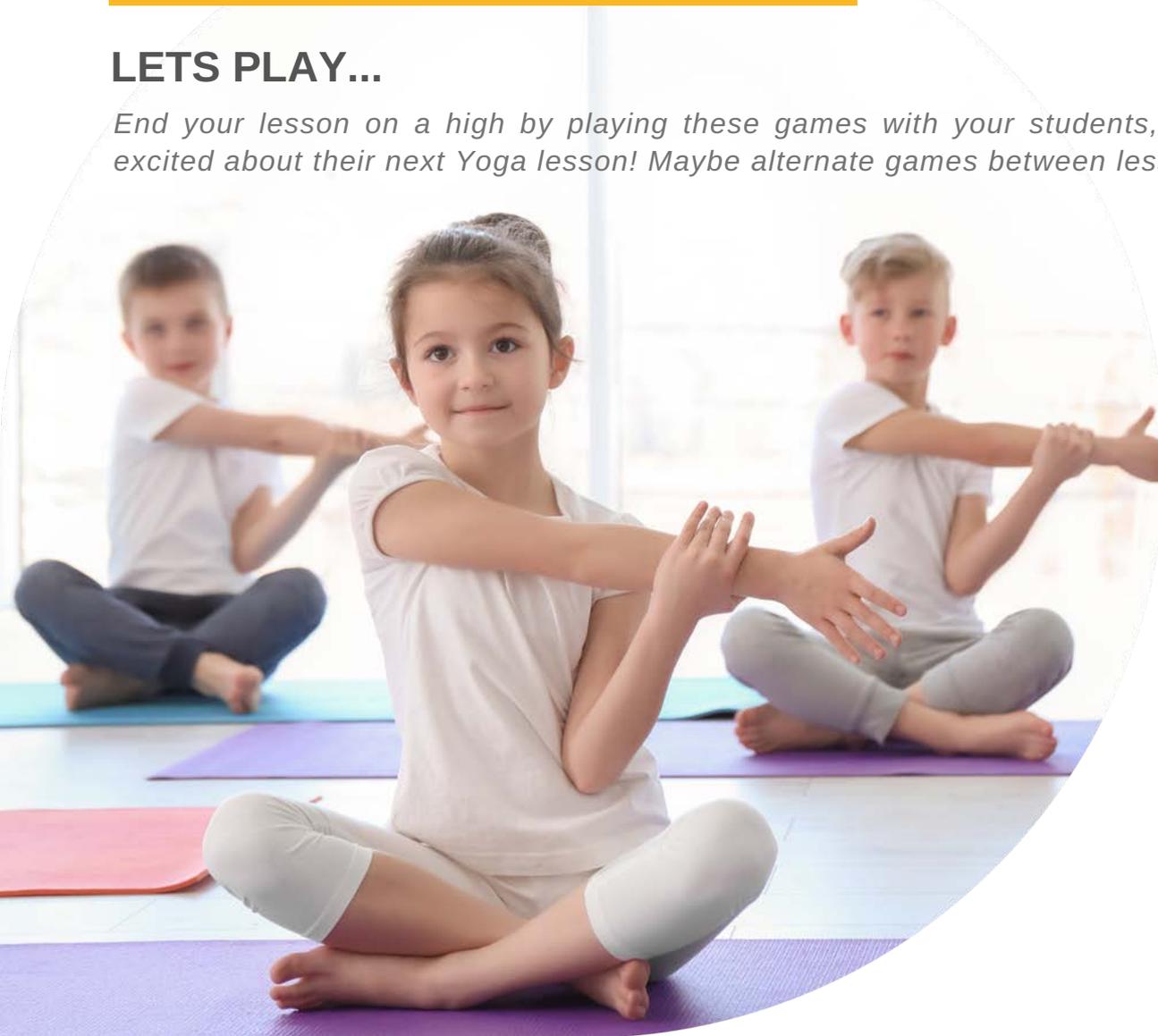
TIP

Why not introduce elements of dance and colour popping into your Yoga poses and sequences. Ribbon wands and wristbands are a great way of doing this: www.maudesport.com/ribbon-wristbands

YOGA GAMES

LETS PLAY...

End your lesson on a high by playing these games with your students, getting them excited about their next Yoga lesson! Maybe alternate games between lessons.



Frozen Dance Yoga

Musical statues with a twist! Simply play your favourite music and get your students dancing. When you stop the music simply shout out a Yoga pose that you'd like them to get into. Its a great way to test their knowledge of the poses they've learned in your lessons. Why not use your dance wands and wristbands to add some colour and excitement into their moves.

It's fun and will get children thinking on their feet!

Chinese Whispers - Yoga Style

Ask students to sit in a circle. Tap one child on the shoulder and whisper them a Yoga pose of your choice. The aim is for that child to then whisper this pose to the child on their right. Each child then takes it in turn to whisper the pose they heard to the person on their right, until it gets to the student sitting on the 'starting' child's left. That student then needs to get into pose inside the circle...

Question is... was the pose still correct and understood?

POSES & STRETCHES

5 minutes (approx)

The **FIERCE WARRIOR (an incarnation of Shiva)** was said to have a thousand heads, a thousand eyes and a thousand feet, wielding a thousand clubs and wore a tigers skin!

Warrior I

Virabhadrasana I (veer-ah-bah-DRAHS-anna I)

(1) Ask students to begin in **MOUNTAIN POSE**. Step their right foot backwards, keeping the foot slightly at an angle (2) Exhale, then bend the front knee and then reach up for the sky, raising arms straight up. (3) Look up to the sky and hold the pose for 20 seconds (5) Inhale to come up, reverse their feet and repeat on the left side.



Warrior II

Virabhadrasana II (veer-ah-bah-DRAHS-anna II)

(1) Starting in a standing position with arms by their side. Ask children to step backwards on their right foot, keeping the foot facing outwards slightly (2) Gently lift arms outwards in parallel to the floor (3) Now turn their head to look across their right arm and hold the pose for 20 seconds (5) Inhale to come up, reverse their feet and repeat on the left side.



Easy Pose

Sukhasana (soo-KAHS-uh-nuh)

(1) Ask students to sit upright with crossed legs (2) Resting their hands on their knees, palms facing up (3) Keeping their back straight, stretch the spine and keeping legs relaxed (4) Retain posture and hold the pose for 30 seconds whilst taking deep breathes.



Namaste

Don't forget to end your Yoga lesson with the respectful gesture of **NAMASTE (Salutation Seal)** meaning 'bow to me' or 'i bow to you'.

Standing still, ask students to simply place their hands together in the middle of their eyes, then gently bow their head and bring their hands downwards slowly to their heart.



Now ASK your students how they FEEL?

Answers may be slightly different than when you started!

TIP

Make sure your students are comfortable throughout their lesson by ensuring you have quality matting with good grip and cushioning:

www.maudesport.com/yoga-mad-warrior-ii-mat