

Year 4 Yoga

National Curriculum objectives

Pupils learn how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle

Key Learning

- Massage, temple, co-operation, partnership, balance, support, thigh, waist.
- To explore some new poses that require balance both individually and with a partner. To be able to practise some yoga relaxation techniques.
- To explore the benefits of self-massage as a relaxation technique. To compose dynamic yoga routine with a partner.

Key Vocabulary

Abdominal: The middle area of your body also known as your torso.
Balance: To stay still and steady in a position or shape. To keep steady while moving and holding a pose.
Calf: The back part of your lower leg below the knee.
Co-operation: Working together to get something done.
Exhale: To breathe out the air in your lungs.
Hips: The part on either side of the body between the waist and the thigh.
Inhale: To breathe air into your lungs.
Massage: Rubbing and kneading parts of your body to help the blood circulate better and to relax muscles.
Partnership: Working together with someone else.
Pelvis: The large bony frame near the base of the spine which your legs are attached to.
Rotate: To turn on or around a fixed point.
Sacrum: A triangular bone in the lower back formed from fused vertebrae and situated between the two hip bones of the pelvis.
Spine: The series of bones that go up your back and hold you up and helps you move into different positions.
Strength: Being able to stay strong in a yoga pose or movement.
Support: To hold up or to brace for strength during a yoga pose.
Temple: The flat area on each side of your head in front of the top of your ear
Thigh: The area of your body between your knee and your hips.
Waist: The mid part of your torso between the chest and hips.

Equipment and Resources

- Print out the 'Pose' cards from the link in the lesson plan.
- Timings in the lesson are based on short sessions of 20 minutes.
- Comfortable clothing to be worn.
- Pupils should have bare feet to enable grip and movement of the feet.
- A chime sound such as a triangle or xylophone chime can be used for signalling pupils.
- For relaxation portions, ideally, there would be blankets available. But if this is not practical, pupils could have a soft toy to hug if this helps them to relax.
- Lavender spray can be used.

Key Questions

How are sitting yoga poses different from standing poses?

How can you stay balanced when doing a yoga pose?

How can you support your partner when you do a yoga pose together?

How does it feel to give yourself a massage?

Safety

- A quiet and clear space with few distractions will help pupils to focus.
- Safety mats can be used if available