

Year 3 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

- To be able to settle themselves for a yoga session by exploring breathing. To recap and review some poses they will have learnt in previous sessions.
- To explore some new poses with a power theme.
- To explore the benefits of self-massage as a relaxation technique. To be able to participate in co-operative yoga with a partner.

Key Vocabulary

Abdominals: The muscles in your torso or abdomen area between the chest and the hips.

Balance: To stay still and steady in a position or shape. To keep steady while moving and holding a pose.

Breath: The air that flows into and out of the lungs during breathing.

Co-operation: Working together to get something done.

Exhale: To breathe out the air in your lungs.

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.

Poses: Different positions you hold your body in.

Spine: The series of bones that go up your back and hold you up and helps you move into different positions.

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 can you make sure you stay balanced in a yoga pose?

Which yoga poses make you feel strong and powerful?

How does it feel to give yourself a massage?

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

Safety

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