

Yoga: Salute to the Sun: Balance

<p>Aim: To develop balance, agility and coordination through yoga by stretching up and bending forward.</p> <p>To develop coordination while in basic yoga poses and moving between them.</p>	<p>Preparation: Aims Poster</p> <p>Salute to the Sun: Balance Yoga Pose Cards - as required</p> <p>Editable Non-Participation Sheet - as required</p> <p>Wriggly Worm Warm-Up Card</p>	<p>Resources: Lesson Pack</p> <p>Yoga mats or soft flooring</p> <p>Bell/going/triangle - as desired</p> <p>Optional: tub, soil, sunflower seeds, bottle of water, camera</p>
<p>Success Criteria:</p> <p>I can stretch my body up smoothly.</p> <p>I can fold my body forwards in a smooth and comfortable movement.</p> <p>I can move between yoga poses while keeping my balance.</p> <p>I can follow instructions to keep safe through a series of movements.</p>		<p>Key/New Words: Reach, steady, lift, release.</p> <p>See Year 1 Yoga CPD Glossary for full details of directional language and aims.</p>

<p>Prior Learning:</p>	<p>Children may not have done yoga before; this lesson serves as an introduction. Children may have experience of stretching and making different shapes with their bodies in earlier PE lessons.</p>
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Learning Sequence

	<p>Warm-Up: Using the Lesson Presentation as guidance, encourage children to wriggle their body all over like a worm in the soil. Use the additional slide or Wriggly Worm Warm-Up Card for more movement variations.</p> <p>Suggested activity time: 5-10 minutes.</p>	
	<p>Planting Sunflowers: Share the process of planting sunflowers with the children, using the Lesson Presentation. You might like to make this a practical activity using seeds and soil, etc. and refer to the growing plants throughout the unit.</p>	
	<p>Skill – Stretching Up: Explain the stretching up movement using the details on the Lesson Presentation. <i>Can you stretch up smoothly?</i> Do you feel more awake or more sleepy after stretching up? Give tips on ways to improve a simple balance using the Lesson Presentation. Remind children of the importance of learning how to stretch safely.</p> <p>Suggested activity time: 5 minutes.</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="215 1377 790 1467">  <p>Using the variations on the Salute to the Sun: Balance Yoga Pose Cards, children keep their arms bent as they stretch.</p> </div> <div data-bbox="813 1377 1388 1467">  <p>Using the variations on the Salute to the Sun: Balance Yoga Pose Cards children extend the stretch into their fingers and come on to their toes.</p> </div> </div>	
	<p>Skill – Forward Bending: Using the Lesson Presentation for guidance, explore how children should fold forwards safely. Ask children: <i>Can you bend forwards smoothly? Do you like to have your legs bent or straight when you fold forwards? Why?</i></p> <p>Give tips on ways to improve their balance using the Lesson Presentation and ask: Does folding forwards make you feel excited or relaxed?</p> <p>Suggested activity time: 5 minutes.</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="215 1758 790 1848">  <p>Using the Salute to the Sun: Balance Yoga Pose Cards, children bend their knees as they stretch.</p> </div> <div data-bbox="813 1758 1388 1848">  <p>Using the Salute to the Sun: Balance Yoga Pose Cards, children extend the stretch by keeping their back long.</p> </div> </div>	

	<p>Skill – Flowing between Poses: Explain the movements and how to flow between them using the details on the Lesson Presentation. Encourage children to focus on transitioning from one pose to another using their breaths to guide movement. Use the Lesson Presentation to help children identify steady breathing.</p> <p>Perform the yoga sequence in the Lesson Presentation. You can choose to vary the sequence and ask children to perform each movement on the Salute to the Sun: Balance Yoga Pose Cards in any order, as long as the sequence always begins with the Salute to the Sun (stretching up pose followed by the forward bend).</p> <p>Repeat the same sequence at least three times or as many times as you feel is appropriate to familiarise the children with each movement. Ask: <i>Can you keep your balance as you flow between poses? How can you flow between poses smoothly?</i></p> <p>Use the variations on each Salute to the Sun: Balance Yoga Pose Cards to adjust intensity and complexity.</p> <p>Suggested activity time: 10–15 minutes.</p>	
	<p>Yogi Says: Use the Lesson Presentation to explain the ‘Yogi Says’ game, which allows children to experience new movements and consolidate their existing learning.</p> <p>Explain that the children are going to be using the movements they have been practising in the previous yoga sequence.</p> <p>Ask the children to start the game by walking around the hall. Explain that if you say ‘Yogi says’, children are to do the action. If children are caught out by not doing the action, ask them to wriggle like a worm or hop on one leg on the spot for one round and then rejoin the game. Play a couple of open rounds, using the Salute to the Sun: Balance Yoga Pose Cards.</p> <p>Increase the challenge of the game by asking the children to do two different movements, one after the other, or two of the same movement, e.g. two jumps on the spot. You can also use the variations on the Salute to the Sun: Balance Yoga Pose Cards.</p> <p>Adjust the intensity of the game by asking the children to (instead of walking) run, jog, hop, jump, walk on all fours, skip or march around the hall in between poses.</p> <p>Once children are confident with the movements, lead the game while looking for confident movements and enjoyment. Then, invite a few children to lead the game themselves.</p> <p>Suggested activity time: 10–15 minutes.</p> <p>  Use the variations on the Salute to the Sun: Balance Yoga Pose Cards to conduct specific movements.  Use the variations on the Salute to the Sun: Balance Yoga Pose Cards to conduct specific movements. </p>	
	<p>Breathing: Use the Lesson Presentation to guide children to perform breathing practice. Do five to ten slow smooth breaths out, with the lips relaxed. Focus on letting the breath out get longer.</p>	
	<p>Relaxation: Use the Lesson Presentation to lead children in relaxation. Spend two to three minutes guiding children through different areas of the body to progressively relax different areas. Children can do this lying on their back or side.</p>	
	<p>Meditation: Use the Lesson Presentation to help children to sit quietly for a moment. Encourage children to focus their mind on a single sound for one minute (this can be extended or reduced according to the individual class). Emphasis is placed on focusing the mind and not allowing it to become distracted.</p>	
	<p>Reflection: Ask children to discuss the questions on the Lesson Presentation: ‘Which was your favourite pose? Why?’ Encourage them to evaluate what worked for them, and what was tricky. Allow them to explain their own experience. Praise children for noticing how they feel and ask: ‘Is there anything you could do to make it feel better?’</p>	

Extratime

Teach your favourite pose to a family member. Remember the key points you learnt in this lesson.

Make up a new yoga pose, give it a name and draw what it looks like.