

Yoga

Action Schools! BC



4 to 7

Healthy Muscles

Yoga is a system of total body movements that incorporate stretching and poses with breath, relaxation and imagery. Yoga develops body awareness and improves flexibility, strength, balance and mental focus. Participating in yoga often has a calming effect.

HEALTH
COMPONENTS
OF FITNESS

FLEXIBILITY
STRENGTH

BALANCING

FUNDAMENTAL
MOVEMENT
SKILLS

CURRICULUM CONNECTIONS



BIG IDEAS

- Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being (4).
- Daily physical activity enables us to practise skillful movement and helps us develop personal fitness (5-6).
- Physical literacy and fitness contribute to our success in and enjoyment of physical activity (6-7).
- Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals (7).

CURRICULAR COMPETENCIES:

- Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments (4-5).
- Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments (6-7).
- Participate daily in physical activity designed to enhance and maintain health components of fitness (5-7).
- Identify and describe opportunities for and potential challenges to participation in preferred types of physical activity at school, at home, and in the community (4-5).
- Describe how students' participation in physical activities at school, at home, and in the community can influence their health and fitness (6-7).
- Describe and assess strategies for promoting mental well-being.

CONTENT

- Proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills.
- Benefits of physical activity and exercise (4-5).
- Differences between the health components of fitness (5).
- How to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games.
- Effects of different types of physical activity on the body (7).
- Practices that promote health and well-being.

FIRST PEOPLE'S PRINCIPLES OF LEARNING FOR ALL STUDENTS



- Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors.
- Learning is holistic, reflexive, reflective, experiential, and relational (focused on connectedness, on reciprocal relationships, and a sense of place).
- Learning involves exploration of one's identity.

COMPREHENSIVE SCHOOL HEALTH CONNECTIONS



RELATIONSHIPS AND ENVIRONMENTS

- Use a large room with open areas to allow students to spread out for the activity.

TEACHING AND LEARNING

- Yoga can help students to calm their minds, lower their stress, and develop their flexibility and balance levels.

COMMUNITY PARTNERSHIPS

- Bring in a community specialist to teach yoga to your students or visit a community yoga studio.

OUR SCHOOL POLICIES

- If visiting a community yoga studio be sure to follow district protocols such as waiver/permission forms for students to leave school grounds and discuss proper behavior and expectations when being a visitor in another location.

EQUIPMENT AND RESOURCES



- DVD or computer with internet access; music player
- Music: any yoga CD or calming music
- *Stretch Your Imagination* muscles poster, *Yoga Kit for Kids* cards or yoga cards
- Yoga videos for children, such as *Yoga in the Classroom* DVD or on YouTube (e.g., [Cosmic Kids Yoga](#)).

IMPLEMENTATION



- Reduce lighting, use calm relaxing music, and set the volume low.
- Introduce the poses one or two at a time (from any of the yoga resources, DVDs or YouTube); gradually create a sequence of poses.
- Teach students to “listen” to their bodies and help them understand the healthy sensation of stretching.
- Remind students frequently to breathe, learning to use breath to consciously relax (e.g., in through nose, out through mouth).
- Try having “a Leader and a Reader”; one student leads the pose while another reads the poem or information on the back of the yoga cards, if using. Switch roles.
- Have students reflect on and explain how they felt before, during and after participating in yoga (e.g., Did they feel calm and relaxed, did they have confidence in themselves to do the different poses, how did the poses make their bodies feel, etc.).
- Have students explain how yoga could influence their health and that of their peers and/or family members (e.g., It could help promote flexibility to reduce injuries, it can help lower stress levels, it can allow people to participate together in physical activity, etc.).
- Have students propose and explain strategies and reasons for using this type of activity in their lives (e.g., At recess or lunch to develop strength and endurance levels, after a test or quiz to help relax the mind, when they are feeling stressed, etc.).

ACTION TIPS

- Incorporate yoga on a regular basis in your class schedule, or use yoga after intense periods of concentration or stressful times for students.
- Start a yoga club before school or during lunch.

SAFETY CONSIDERATIONS

- Ensure students warm up before the activity and cool down and stretch afterwards.
- Ensure teacher is present and can observe students at all times during the activity.
- Ensure surfaces being used are free from clutter or objects that might cause students to trip or slip on.

EXTENSION OF LEARNING

- Student can take home some Yoga poses and practise at home. If possible, they can contact a local Yoga studio to see if youth classes are offered.
- Take the classic Jenga game and add a yoga twist. Combines mental and physical skill while teaching patience and turn taking. Before playing write the names of yoga poses on Jenga blocks in a permanent marker. Each child takes a turn carefully drawing out one block out at a time and placing it on top of the tower. The child will read aloud the pose and demonstrate it. Everyone then practises the yoga pose. Continue around the circle with each child selecting a block. As per normal Jenga rules, when the blocks fall, the game is over.