

Yoga

Action Schools! BC

 classroom

 gymnasium

 outside



K to 3

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 physical activity helps us develop movement skills and physical literacy, and is an important part of healthy living (K-1).
- Good health comprises physical, mental, and emotional well-being (K-1).
- Learning how to participate and move our bodies in different physical activities helps us develop physical literacy (2).
- Movement skills and strategies help us learn how to participate in different types of physical activity (3).
- Our physical, emotional, and mental health are interconnected (2-3).

CURRICULAR COMPETENCIES:

- Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments.
- Describe the body's reaction to participating in physical activity in a variety of environments (K-1).
- Identify and describe opportunities to be physically active at school, at home, and in the community (K-2).
- Identify and describe opportunities for and potential challenges to being physically active at school, at home, and in the community (3).
- Identify and describe practices that promote mental well-being (1-2).
- Identify and apply strategies that promote mental well-being (2-3).

CONTENT

- Proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills.
- Effects of different activities on the body (1).
- Effects of physical activity on the body (2).
- How to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games.
- 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 requires 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.

EQUIPMENT AND RESOURCES



- DVD or computer/tablet with YouTube access, and music player
- Music: a yoga CD or any calming music , optional
- Yoga for children, on DVD or on YouTube, (e.g., [Cosmic Kids Yoga](#))
- Yoga cards, optional (e.g., *Yoga Pretzel cards*, *Yoga Alphabet cards*).

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 DVDs/YouTube, or yoga cards); 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).
- Have students reflect on and explain how they felt 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 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.).
- 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. Switch roles.

ACTION TIPS

- Be sure to explain to students that the yoga activities being practised are not a religious practice and more of an ‘active stretching and relaxation’ practice.
- 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.
- Provide a safe alternative option for students who might have negative experiences and/or reactions to yoga (e.g., speak with a counsellor, join up with another class during yoga, etc.).

EXTENSION OF LEARNING

- Student can take home some Yoga poses/YouTube links and practise at home. Have them share with family members.