



For The Teacher

Middle Primary Years 3 & 4

Week 12

Title Fun Fit Yoga!

Theme Flexibility

Overview

Students execute yoga poses that provide the joints and muscles of the legs and pelvic region, the spine and upper body with a greater range of movement. These poses enhance muscle flexibility and joint mobility. Students will discuss what flexibility is and why it is important. They will also explore how they can improve their own flexibility through stretching and by participating in yoga-style activities. These aim to encourage muscle flexibility and assist in a greater freedom in the joints, facilitating a smooth functioning through a full range of motion. Students will also identify the correct way to execute each yoga pose and then complete the student worksheet.

Time Required

50 minutes

Background information and possible discussion points

Flexibility is the body's ability to move through the full range of motion enabling the muscles and joints to move freely and without restriction. The best way to increase range of movement is through stretching muscles when they are warm, to create space within the joints to improve joint flexibility and elongate muscle fibres enhancing the body's ability to sit, stand and move.

Therefore stretching should only be performed after muscles have been adequately warmed up.

As we get older our flexibility level naturally declines, so it is very important that we continue to actively move our bodies to help maintain a full range of motion, and to stretch regularly to enable us to move freely and feel more relaxed. When stretching, it is important to only stretch to a point of slight discomfort and not pain; if a stretch is painful it should be released. Stretching should be performed statically with no bouncing movements.

Learning Tasks

Have students discuss what they think flexibility is.

Complete the Fun Fit Yoga Activity - beginning with warm up and ending with cool down

After completion of all of the activities, have students discuss:

- In Dog Pose, the first Fun Fit Yoga pose, where did they feel a stretch?
- Was the pose easier each time you did it?
- Could stretching the back of your legs help them kick a football higher or touch their toes easier?





Have students also discuss and list what other areas of the body they felt their muscles stretch during the other yoga poses and in what other daily activities flexibility in these muscles can benefit them.

Have students complete the student activity by drawing one of the yoga poses that they participated in and writing detailed instructions on how to execute the pose from entry to exit movements.

Fun Fit Yoga Activity

Warm up

Builders and Bulldozers

Area: flat, clear and even surface

Equipment: 2 colour band sets, marker cones to mark area, plus one cone marker or witches hat per student

Description

- Divide students into 2 even groups. One group is the Builders; the other is the Bulldozers.
- Each group stands on either side of the designated area.
- Inside the area, all cone markers/witches hats are placed randomly.
- Half must be standing upright; the other half lying on their side.

On the signal 'GO', the aim is for the Builders to stand up as many cones as they can and the Bulldozers to knock over as many as they can. On 'Stop', the team with the most cones Up or Down are the winners.

Safety

- Remind students to watch where they are going at all times.
- Begin the game at a walking pace and increase intensity by changing locomotor patterns, such as jogging, skipping, galloping.

Flexibility Activity

Fun Fit Yoga

Area: flat, clear and even surface

Equipment: standard gymnastic mats (1.83mx.91 mx50mm) for each student

Description

Students stand or sit on their individual mats to execute each of the yoga poses

mat: back

mat: right side



mat: left side





1. **Dog Pose** – Kneel down and place both hands on right side edge of mat about shoulder width apart. See that the hands are under the shoulders and the knees are under the hips – like a table. Straighten legs by lifting hips up and back and stretch heels down as far as possible while legs & arms stay straight. Allow back of the head to relax and the spine to lengthen while staying in the pose for a count of 5. Repeat Dog Pose and increase the count by 3 each time. Complete Dog Pose 4 times.

Fun Fit Yoga - Dog Pose



2. **Yoga Lunge** - Stand straight and tall with feet together and arms by side, facing the front of the mat. Step feet apart and raise arms shoulder height out to either side. Turn right foot out so toes face right side of mat. Keep the left (back) leg straight and bend right leg to a right angle. Hold for the count of 3 or 5 breaths before straightening the right leg and turning to repeat on the left side. Complete Yoga Lunge 2 or 3 times each side.

Fun Fit Yoga – Lunge





- 3. Seated Cross Leg Stretch** - Sit facing the front of the mat and cross the legs, ensuring the feet are under the knees. Place both hands on the mat in front of you shoulder width apart. Stretch arms and body forward as far as possible without strain while keeping buttocks on the mat. Hold for the count of 5 breaths before sitting up straight. Repeat to the other side by changing the cross of the legs and increase the forward stretch count by 3 each time. Complete Seated Cross Leg Stretch 2 or 3 times each side.

Fun Fit Yoga – Seated Cross Leg Stretch



Safety

- When stretching, it is important to only stretch to a point of slight discomfort and not pain; if a stretch is painful it should be released.
- Students must not bounce whilst stretching.
- Ensure allocated times for students to re-hydrate.

Stretching

Click Here: [Muscle Stretching Resource](#)

When stretching, it is important to only stretch to a point of slight discomfort and not pain; if a stretch is painful it should be released.

Support materials and references

For Kids

1Seven article: [What is Physical Fitness?](#)

1Seven article: [What About Yoga?](#)

For Teachers & Parents

1Seven article: [Turn Your Mind To Yoga](#)

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Thinking Strategies

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
•	•	•			•

Gardner's Multiple Intelligences

Verbal/ Linguistic	Bodily/ Kinesthetic	Musical	Logical/ Mathematical	Interpersonal	Visual/Spatial	Intrapersonal	Naturalist
•	•		•		•	•	

Edward De Bono's Six Thinking Hats

White Hat Information	Red Hat Feelings	Black Hat Judgement	Yellow Hat Benefits	Blue Hat Thinking	Green Hat Creativity
•	•		•	•	

