

Niamh Barry – Physical Education Resources

Yoga Lesson Plans JCPE and PE Short Course

Lesson 1:

Introduction: structure of yoga lessons (relaxation, different meditation technique then yoga), highlight importance of being focused so that you and others can get the most out of meditation and that if a position is too difficult pupils should adapt it.

Relaxation: Pupils lie on their mats, flat on their backs with arms by sides and eyes closed. Teacher structures the relaxation verbally whilst playing yoga CD. Pupils should focus on their breathing (in through nose out through mouth) and concentrate on slowing this down and drawing deeper breaths. Pupils imagine themselves in a relaxing situation focusing on sounds and feelings. Pupils start by clenching feet and hands and then releasing and imagine all the tension being released. Repeat with arms and legs.

Meditation: Use meditation technique 2. Explain to pupils that they will find some techniques easier than others and that the key element is to be able to block out distracting thoughts.

Sun Salutation: Teacher goes through the sun salutation as a warm up. Talk it through the first time and perform movements slowly ensuring that transitions between poses are explained. Highlight to pupils where they should feel the stretch. Go through this twice more reducing the amount of instruction you give as pupils become familiar with the routine.

Worksheets: Pupils take a position sheet relevant to their level of ability and working in pairs practise all the positions on that card. Encourage pupils who are unable to perform some positions to adapt the poses to ensure they can do a simplified version. Pupils then select their top five movements and practise performing these in sequence.

Performance & Evaluation: Pairs teach their short sequence to another pair.

Relaxation: Pupils lie on their backs/in a comfortable position. Teacher directs them to concentrate on their breathing and slow it down. Pupils then continue to lie on their mat for two songs. (if you tell pupils at the start they will have two songs it means they remained settled).

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Lesson 2:

Introduction: Focus for today on developing sequences from last week and looking at including more challenging poses and better quality.

Relaxation: Same as week 1.

Meditation: Use meditation technique 3.

Sun Salutation: Run through three times with the class.

Teacher led sequence: Choose five positions from the level one card and link these together to make a sequence. Use the names of the movements and highlight key teaching points to increase quality. Run through sequence twice.

Position sheets: Pupils continue to work in their pairs from previous week and refresh their memories of their sequences. Pupils then add two more challenging poses and focus on linking the poses in a way that allows smooth transitions.

Performance and Practice: Pupils then join with another pair and take turns to perform their sequences giving each other feedback. Groups then work as a larger group and create a new sequence by combining their original sequences.

Performance: All the groups perform their sequences. Emphasise you are not expecting a finished sequence but that you are looking to see their work so far. Split the class into three larger groups for this.

Relaxation: Same as week 1.

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Lesson 3:

Introduction: Focus on improving and finishing group sequences for performances next week.

Relaxation: Same as week 1

Meditation: Use meditation technique 1 on sheet. (Really emphasise the point about trying to keep focus!)

Sun Salutation: Run through this once before going through teacher led sequence – if possible try and incorporate more challenging poses into your sequence from the previous week.

Group work: Pupils working in their groups from the previous week. Pupils need to consider their formation, transitions, difficulty of poses and their control. Groups to focus on the quality.

Performance: Pair up two larger groups and groups take turns to perform their sequence. Observers use yoga check card to assess their sequence and give them feedback to improve it.

Group work: Groups then continue to work on their sequences in light of the feedback they have received.

Performance: Groups perform again to the same observers who look to see if the group have taken on board their feedback.

Relaxation: Same as week 1

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Lesson 4:

Introduction: Last lesson on yoga so today there will be a bit of time to practise sequences before teaching it to the rest of the class.

Relaxation: Same as week 1.

Meditation: Use meditation technique 4.

Sun Salutation: Run through this twice emphasising quality of movement

Group work: Groups practice their sequences continuing to focus on formation, transitions, difficulty and control.

Pupil sequences: Arrange four mats at the front and number the groups. Group 1 come to the front and lead the class through their sequence. Work through until all groups have performed.

Relaxation: Same as week 1

School Self Evaluation

Ask for feedback about the lessons? What they liked/wanted to do more of/disliked etc. Encourage the students who enjoyed the lessons to go to yoga classes outside of school.