

# LESSON PLAN 1

## PHYSICAL EDUCATION • GRADE 4

TEACHER: MR. PIRES

DATE: 24/01/2020

TOPIC: MOVEMENT  
COMPOSITION (YOGA)

### INTRODUCTION: (VIDEO ABOUT YOGA)

STUDENTS SIT IN A CIRCLE AND DISCUSS ABOUT THE ORIGINS AND BENEFITS OF YOGA. EXPLAIN THAT MANY YOGA POSES ARE INSPIRED BY NATURE (INCLUDING ANIMALS, MOUNTAINS, ETC.).

### BREATHING:

STUDENTS SIT COMFORTABLY AND SLOWLY INHALE FOR A COUNT OF 3. ON THE EXHALE THEY WILL BUZZ LIKE A BEE. REPEAT 3-5 TIMES. ASK THEM TO NOTICE THE SENSATIONS THAT THEY FEEL AS THEY MAKE THIS SOUND.

YOGA POSES:

- **CAMEL RIDE POSE:** SIT IN EASY POSE, HOLD YOUR ANKLES, INHALE AND LIFT YOUR SPINE FORWARD AND UP, EXHALE AND RELAX YOUR SPINE BACK, AS IF YOU WERE RIDING ON A CAMEL.
- **ELEPHANT POSE:** STAND UP AND MAKE A TRUNK WITH YOUR ARMS, KEEP YOUR LEGS STRAIGHT AND DIP YOUR TRUNK INTO THE IMAGINARY WATERING HOLE IN FRONT OF YOU, THEN LIFT YOUR TRUNK UP AND SPRAY THE WATER LIKE A SHOWER.
- **FROG POSE:** SQUAT AND STRETCH YOUR LEGS LIKE A FROG WARMING UP AND THEN JUMP!
- **COBRA POSE:** LIE ON YOUR TUMMY WITH YOUR LEGS STRAIGHT OUT BEHIND YOU. PLACE YOUR PALMS NEXT TO YOUR SHOULDERS. INHALE AND PRESS INTO YOUR HANDS AND LIFT YOUR HEAD, CHEST AND SHOULDERS OFF THE GROUND. EXHALE AND BRING YOUR FOREHEAD BACK TO THE GROUND. HISS LIKE A SNAKE.
- **CAMEL POSE:** BEGIN ON YOUR KNEES, WITH THE TOP OF YOUR FEET RESTING ON THE FLOOR. PLACE YOUR HANDS ON YOUR BACK AND LEAN BACK UNTIL YOUR HANDS TOUCH YOUR FEET. BREATHE. RETURN TO THE STARTING POSITION SLOWLY.
- **DOWNWARD DOG POSE:** START ON YOUR HANDS AND KNEES. CURL YOUR TOES UNDER, STRAIGHTEN YOUR KNEES AND LIFT YOUR HIPS. KEEP YOUR HEAD BETWEEN YOUR ARMS. BREATHE AND LOWER YOUR KNEES ONTO THE MAT.
- **BUTTERFLY POSE:** SITTING, PUT YOUR FEET TOGETHER AND KNEES BENT WIDE APART. FLUTTER YOUR LEGS UP AND DOWN LIKE A BUTTERFLY.

**GAME:** IN GROUPS OF 4-5 STUDENTS, HAVE EACH STUDENT SHARE THEIR FAVORITE ANIMAL AND CREATE A POSE THAT LOOKS LIKE THE ANIMAL. SELECT THE MOST ORIGINAL POSES AT THE END OF THE CLASS AND HAVE STUDENTS DEMONSTRATING THEM. (ANIMAL BOOKS TO HELP STUDENTS TO SELECT WHICH ANIMALS TO DEMONSTRATE)

**LESSON OBJECTIVES:**

- STUDENTS WILL IDENTIFY THE MAIN IDEA AND THE PRACTICE OF YOGA;
- STUDENTS WILL DESCRIBE THE PRACTICE AND BENEFITS OF YOGA;
- STUDENTS WILL PERFORM BASIC YOGA POSES.

**EQUIPMENT:**

- GYMNASTICS MATS
- ANIMAL BOOKS
- YOGA POSE CARDS
- HDMI CABLE AND TV (VIDEO ABOUT YOGA)

**ASSESSMENTS:**

- OBSERVATION
- EXIT TICKET:  
TELL ME 2 THINGS YOU HAVE LEARNED FROM OUR TODAY'S LESSON?