

# **Physical Education Yoga Unit- Ms. Holness**

Students will continue to explore yoga poses at home. The classes have completed some basic poses over the last week of on campus learning. The students focused on breathing and being in the moment (mindfulness). For next four week's activities, students should concentrate balancing on different parts of the body while practicing their breathing techniques. Students must complete warm-up activities first then choose 1 of the activities each week. **Parents:** I can be contacted at [mholness01@hempsteadschools.org](mailto:mholness01@hempsteadschools.org) if there are any questions.

## **Safety Concern/Tips:**

- For the safety of your child please secure a space in the home that is free of sharp edged, glass furniture.
- Your child should be wearing comfortable clothing that allows him/her to move and be flexible.
- All yoga movements are slow and controlled.
- Encourage child to go at their own pace and complete activities in their own comfort zone.
- Remind your child about good balance and avoid falling down on purpose
- Modify stretch or pose if child cannot complete pose as shown

### **1. Physical Education Warm-up Routine**

When warm blood gets to your muscles your body is ready to do more intense exercise. Warm-up helps to prevent injuries.

- 10x jumping jacks
- 10x jumping in place ( up and down)
- 10x arm swings ( arms forward and back)
- 10x arm circles
- 10x squats
- 10x toe raises
- V-Sit –legs apart (10 counts)
- Hurdle stretch (10 counts on each side)
- Butterfly ( 10 counts)
- Crab dips/Crab Sit)
- Push- ups – students can do ABC, modified or 10 regular push-ups
- 10x abdominals

## 2. Activity 1: Make Your Shape

Students will choose 5-6 letters from the alphabet and use their bodies to make those shapes. They will flex and extend our muscles to move through dynamic and static balances using different bases of support.

1. Pick a letter from the alphabet then find a personal space.
2. Create a personal balance position that looks like the letter you chose.
3. Hold your balance for as long as you can, breathing in and out.
4. Pick a new letter and hold your personal balance that looks like the new letter, breathing in and out.
5. Once you are finished with all your letters you will develop a simple flow by performing the letters in alphabetical order ex. ABCDEF and so on.

### LETTERS OF THE ALPHABET

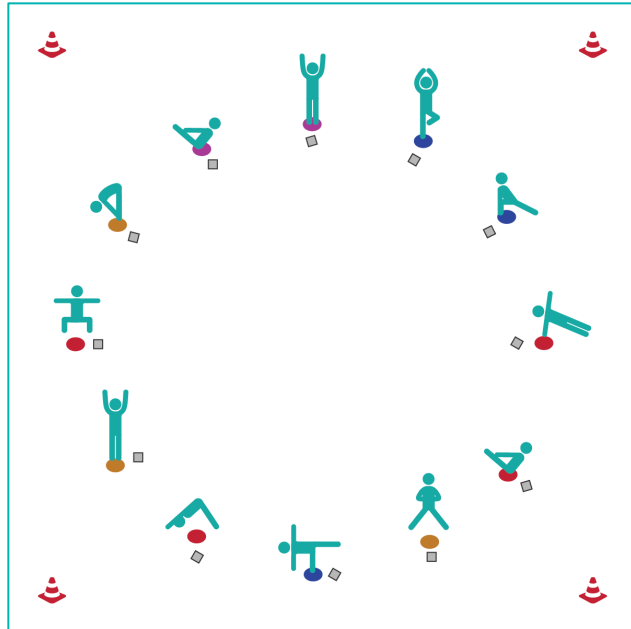
**A B C D**

**E F G H**

### 3. Activity 2: Flowing Movements

We will combine locomotor movements with yoga poses. Our goal is to learn simple poses that can be used in movement routines.

1. Walk forward (3 steps) then stop and perform any of the poses in the picture on the right. Hold pose for 10 seconds
2. Continue until you have completed all.
3. Jog slowly 3 steps then perform each poses. Hold poses for 10 counts.
4. Repeat each round.



### Activity 3: Yoga Interactive Practice

Students can choose from the following links and follow along with Cosmic Kids Yoga video series.

Yoga Links:

Cosmic Kids “Frozen” [www.youtube.com/watch?v=xlg052EKMtk](http://www.youtube.com/watch?v=xlg052EKMtk)

Cosmic Kids “Trolls” [www.youtube.com/watch?v=U9Q6FKF12Qs](http://www.youtube.com/watch?v=U9Q6FKF12Qs)

Cosmic Kids “Minecraft” [www.youtube.com/watch?v=02E1468SdHg](http://www.youtube.com/watch?v=02E1468SdHg)

Cosmic Kids “Stars Wars” [www.youtube.com/watch?v=BEPxPkQY6V8](http://www.youtube.com/watch?v=BEPxPkQY6V8)

Cosmic Kids “Harry Potter” [www.youtube.com/watch?v=R-BS87NTV5I](http://www.youtube.com/watch?v=R-BS87NTV5I)

**Activity 4: Yoga Poses:** Parents practice the following poses with your child.

**Instruction:** Hold each pose for 8 counts (remain still, try not to fall over)

**Complete each pose in order as shown in the picture below: (GARDEN YOGA FOR KIDS)  
repeat 3x going back to (PRETEND TO BE A FROG)**

**Then go to the second picture below and pick any 8 poses that you like.**

**Hold each pose for 8 counts**

**Be safe and try not to fall over but if you do try again.**

**Work hard and do your best, enjoy and have fun.**

# GARDEN YOGA FOR KIDS



## Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



## Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



## Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



## Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



## Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



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5. **Cool Down:** After a workout, you should spend about 5 to 10 minutes moving the muscles that were being used. A proper cool-down may reduce muscle soreness, help lower your body temperature and help bring your heart rate back to normal.

**Activity:**

- Do the following stretches to the count of 8 on both sides of the body where applicable.
- Pay attention to your breathing
- Lie on your back with arms at your sides, palms facing up ( see picture below)
- Relax, let go the tension in your body, close your eyes.
- Count down slowly from 20-19-18-17-16-15.....to 0



