

Yoga

Theme: Stretching/Yoga

Curriculum Areas: P.E.

Activity: Stretching

Age of Children: 5-7

Material Needed: An open space and a yoga mat.

Developmental Objectives/Domains:

Yoga teaches discipline as children learn to clear their minds and improve their poses.

Yoga develops flexibility and muscles.

Yoga improves cognitive function by requiring the participants to focus on their poses and balance.

Procedure:

1. Start by sitting criss-cross and roll your head forward and then backward, then side to side.
2. Take your right arm and twist your middle so your hand is resting on your left knee, hold for 5-10 seconds, then switch sides so your left hand is resting on your right knee, hold for 5-10 seconds. This stretches your back.
3. Come up onto your hands and knees, arch your back up like a lowercase n, breath in, and on the exhale reach your back and make a u shape. Do this 5 more times following your breathing.
4. While still on your hands and knees put pressure on your hands and lift your knees up off of the ground and push your butt into the air. Your back legs should be straight as well as your arms, you can push your heels lightly down stretching your calves.
5. Walk your hands forward so you're in a plank position, slowly lower yourself to the ground, push up your chest leaving your thighs on the ground so your arms are straight and your chest is raised.
6. Push yourself back so your butt is against your legs with your head to the mat and arms outstretched in front of you.
7. Come back into a sitting position.

<https://www.youtube.com/watch?v=7xRIrsqdGsA>