



March PE Activity: Yoga Tag

Nutrition Lesson(s) Supported:

- Flexibility and Yoga

Supplies Needed:

- 2 Pennies

Length of Time to Complete:

- 5 minutes to introduce activity
- 10 minutes to practice poses

Audience (grades): 2nd

Common Core Standards:

- English Language Arts: Speaking and Listening: 2.3
 - Ask and answer questions about what a speaker says in order to clarify comprehension, gather additional information, or deepen understanding of a topic or issue.

Background:

Yoga is a healing spiritual, mental and physical practice to promote balance in life. It is a combination of breathing exercises, physical postures, and meditation that has been practiced for more than 5,000 years. Sun salutations are designed to warm up the body and get the heart rate up by moving the entire body.

Lesson:

Raise your hand if you know why it is important to stretch your muscles. Stretching your muscles helps reduce the risk of injury, loosen muscles, and reduce stress.

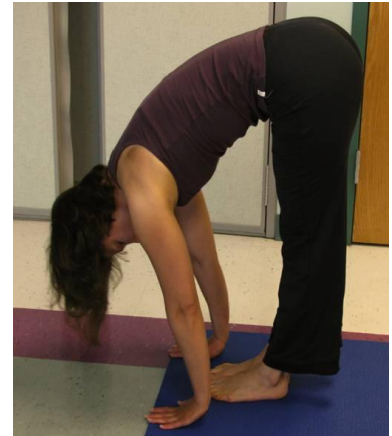
Before you begin stretching, it is important to warm up your muscles. Then, hold each stretch for 10 seconds or longer. When you stretch, remember to breathe in through your nose and out through your mouth (practice as a class).

Raise your hand if you can think of a good stretch (demonstrate several stretches and yoga poses).

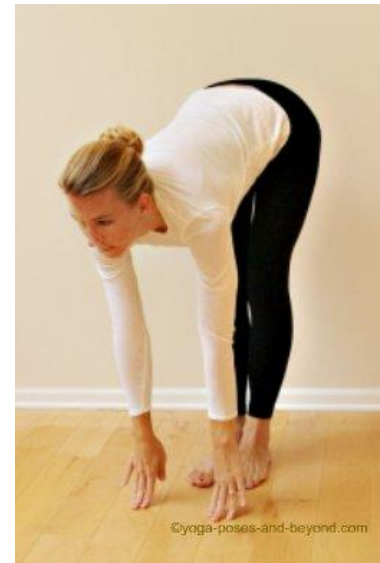
Today we are going to play yoga tag. Two of you will be 'it'. If you are tagged, you must choose any stretch or yoga pose and hold it for at least 10 seconds. Once you hold the pose for 10 seconds, you can rejoin the game.

(Play for several minutes and then rotate taggers).

Forward bend: Exhale as you bend forward from the waist/hips, keeping your legs slightly bent if your hamstrings (back of legs) are a bit tight. Let your arms dangle or fold at the elbows and clasp the opposite elbow.



Monkey pose: From your forward bend, lift your head and look forward as you inhale. Flatten your back as you put your tips of your fingers on the floor or on your shins. Make a monkey sound: "ooo ooo"—this is the monkey pose!



Plank pose: Draw both legs back into plank pose. Make sure the hands are under the shoulders and the back is straight—this pose makes your arms strong! Pull in your tummy muscles to stay strong!



Cobra pose: Lower your chest to the floor and you're your chest forward and up. Feel the stretch in the front side of your body. Make a cobra "hiss".



Downward dog: Press into your hands and feet to raise your tush into the air. Keep your core (or tummy area) strong. Bark like a dog if you want..."woof woof!"

