

5 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): 5th**Common Core Standards:**

- English Language Arts: Speaking and Listening: 5.1
 - Follow agreed-upon rules for discussions and carry out assigned roles.
 - Pose and respond to specific questions to clarify or follow up on information, and make comments that contribute to the discussion and link to the remarks of others.

Lesson:

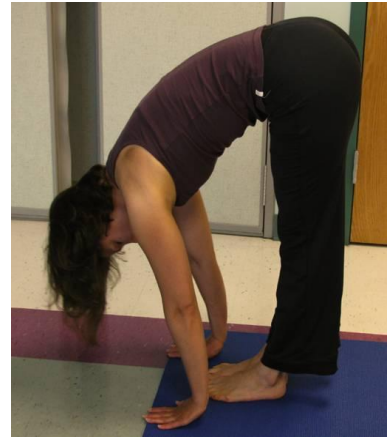
This month you talked about stress. What happens when you have too much stress? (Feel worn out, lack of energy, weakened immune system so you get sick, feel angry, moody, or sad, can lead to eating and health problem)

What are some stress management techniques you can use?

1. Make sure you have time to relax every day – don't over schedule yourself by taking on too many activities.
2. Get regular exercise and eat go foods.
3. Sleep 10 – 11 hours a night. While you sleep your body repairs, grows tissues, fights germs, and stores memories.
4. Be realistic. Do your best, but don't try to be perfect. It's not possible.
5. Breathe slowly and deeply a few times.
6. Believe in yourself and take steps to solve problems as they arise.
7. Ask for help! Family, friends, and teachers want to see you happy and successful. They may be able to help.

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.



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.



Downward dog: Press into your hands and feet to raise your tush into the air. Keep your core (or tummy area) strong.

