



PEF Summer, *At Home Edition* – Lesson Plan

Class: Kinderdance	Grade Band: TK-Kindergarten
Teacher: Joanna Collins	Lesson: Ocean Yoga
Objectives: To explore a variety of yoga postures	Materials: Yoga mat or towel
<p>Process:</p> <p>Have you ever seen animals in the Ocean? Today we are going to explore these ocean animals through a variety of yoga postures.</p> <ol style="list-style-type: none">1. First we are going to breathe. Sit criss cross applesauce with your hands on your knees. Breathe in and fill your cheeks like a pufferfish. Slowly blow out the air. Repeat for 4 more breaths.2. Next, you are going to swish, swish, swish like a fish! Use your arms to make circles to the right for four counts. Then swish to the left for four counts. Repeat on each side.3. Our first yoga posture is called the "octopus". You are going to sit on your yoga mat with your legs stretched straight in front of you. Bring your arms out in front to meet your legs. Point and flex your feet and hands together for 8 counts. Then, wiggle your arms side to side for eight counts. Use your legs to create the same movement. Repeat the point and flex for 8 counts, then repeat the octopus arms and legs for 8 counts.4. Our next posture is the Surfer. Stand with your feet together and jump out as wide as you can. Turn your left foot out. Stretch your arms wide. We also call this Warrior I. Bend your knee to create a lunge and come back to straight legs. Bend your knee a second time. On the third lunge, bring your arms up. As you come back up, catch the wave and pretend like you are the best surfer ever! Next, jump your legs together and back out to try the other side. Turn your right foot out. Stretch your arms wide. Bend your knee to create a lunge and come back to straight legs. Bend your knee a second time. On the third lunge, bring your arms up. As you come back up, catch the	

wave again and pretend like you are the best surfer ever! Repeat again on both sides.
Great job little surfer!

We are now going to lay on our backs to calm our bodies. Lay down and count to 10. Then count to 10 again and one more time. Sit up into criss cross applesauce. Press your palms together. Let's sing, We thank you for coming to class today, Namaste! We thank you for coming to class today Namaste! We thank you for coming to class today, Namaste!

Vocabulary:

Yoga, pufferfish, surfer



PEF Summer, *At Home Edition* – Lesson Plan

Class:

Grade Band:

Teacher:

Lesson:

Objectives:

Materials: