

Bachelor of Education (Elementary) & Bachelor of Education (Secondary) STEM Lesson Plan

Lesson Title: Yoga and Freeze Dance* **Lesson #** 1 **Date:** Oct. 24, 2024

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Facility/Location: Kamloops B.C.

*Lesson is connected to “The Gruffalo” by Julia Donaldson.

Rationale:

Yoga creates habits for physical activity and self-care. During this lesson the students will be introduced to basic yoga moves that will connect them to nature and different animals. Yoga is a great lesson for young students because yoga can support their physical development by promoting good posture and balance. Yoga works to improve the students’ flexibility, strength, and balance. This is an individual activity that will encourage the children to connect to their non-locomotor abilities. Students will also have the opportunity to target their locomotion skills through a freeze dance yoga game. Connecting literacy to physical health is a great way for students to feel connected to the story.

Core Competencies:

Communication	Thinking	Personal & Social
Students will work on their communication. During freeze dance they will be actively listening to the teacher when instructed what yoga position to hold. Students will communicate with each other by cheering each other on and creating a sense of community.	Students will be critically thinking about the yoga poses during the freeze dance game. Students will critically think about holding the yoga poses called out by the teacher when the music stops. As well as connecting their yoga poses to The Gruffalo storybook.	Yoga is a personal fitness activity. Students will be building their personal awareness by doing the movements to their abilities. Students will develop a sense of belonging and know that not everyone has the same abilities.

Big Ideas (Understand)

Our physical, emotional, and mental health are interconnected.

Adopting healthy personal practices and safety strategies protects ourselves and others.

Learning how to participate and move our bodies in different physical activities helps us develop physical literacy.

Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being.

Learning Standards

(DO)

(KNOW)

Learning Standards - Curricular Competencies	Learning Standards - Content
<ul style="list-style-type: none">Identify and explain factors that contribute to positive experiences in different physical activities.Identify and describe opportunities to be physically active at school, at home, and in the community.Identify and describe feelings and worries, and strategies for dealing with them.	<ul style="list-style-type: none">Effects of physical activity on the body.Practices that promote health and well-being, including those relating to physical activity, nutrition, and illness prevention.Proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills.

Instructional Objectives & Assessment

Instructional Objectives (students will be able to...)	Assessment
<ul style="list-style-type: none">Students will be able to demonstrate various beginner yoga poses such as tree pose, fox pose, mouse pose, owl pose, etc. The students will be able to connect the poses to the story and this lesson will bring beginner knowledge for yoga.Students will be able to connect their yoga breathing strategies to biology and how their lungs inflate and deflate while breathing in and out. Students will be able to bring their new learning home and can continue to do physical activity at home with family.	<ul style="list-style-type: none">Students will be assessed on their active participation during the lesson. Students are able to modify yoga poses if needed but they will be assessed on their effort throughout the lesson.Students will also be encouraged throughout the lesson to bring their new knowledge home either by playing the freeze dance yoga game or showing their families how we connected yoga poses to The Gruffalo story. Students can share their experience about showing family members with the class.

Prerequisite Concepts and Skills:

Students should be able to actively listen during the lesson and show active participation. Students should know the basic idea of the freeze dance game. Students will need to know how to follow the poses by the teachers throughout the whole lesson and modify the movements if needed. Students will have to know how to balance their bodies with their own abilities.

Indigenous Connections/ First Peoples Principles of Learning:

Learning requires exploration of one's identity.

This First Peoples Principle of Learning above will be represented throughout our lesson. We are going to be teaching mind-body connection and how breath control can help the students feel the poses more deeply. Yoga helps students to become more aware of their bodily sensations and this can allow them to explore their identity more. Yoga classes can build a sense of community within oneself, and this allows for deeper exploration of one's identity.

Universal Design for Learning (UDL)

We will give students modified poses to offer less impact. It is important for students to know how to listen to their bodies and if they need to modify their poses, they will have the opportunity to.

Differentiate Instruction (DI):

This activity is designed so students can engage through movement, collaboration, and active movement. We will orally explain and support students with the movements through instruction and demonstration.

Cross Curricular:

This lesson will cross the grade 2 curriculum in sciences and language arts. We will demonstrate to the students how their lungs inflate and deflate at the beginning of the lesson. We will also be demonstrating how yoga can be connected to language arts by reading a story and connecting our learned poses to each character in the story.

Materials and Resources

There are no required materials or resources for this activity. If there are yoga mats available, we will use them but if not, the activity will work fine without. It would be beneficial for students if the teacher could provide resources for where yoga for children is offered in their local area. Teachers could also provide links to online age-appropriate yoga videos that students could do at home by themselves or with their families.

Lesson Activities:

Teacher Activities	Student Activities	Time
Introduction (anticipatory set – “HOOK”):		
Breathing activity with toy ball. We will be showing the students how their lungs inflate and deflate with a toy ball.	Students will be seated on their yoga mats around the classroom listening to and watching our demonstration of how their lungs inflate and deflate.	2 min
To start this lesson, the students will be separated around the room with enough room apart. Each student will have a yoga mat if available. We will begin with our demonstration of our breathing techniques.	The students will be following our demonstration of our four core poses and making modifications if needed. We will be watching the students for confidence and making sure we are available if anyone needs help.	8 min
We will then be introducing and demonstrating the yoga poses for this lesson. There are four core poses we will be focusing on, mouse pose, downward fox pose, owl pose, and snake pose.		

<p>Body:</p> <p>We will then be doing Freeze Dance yoga, and we will have already explained the rules in the classroom so the students will have prior knowledge. During freeze dance the students will be actively moving around and activating their locomotion skills by dancing to the music. When the music stops, one of us will call out one of the four core poses and the students will be expected to get into that pose and hold it until the music starts again. During this time, we will be assessing students' participation and positive attitudes.</p>	<p>The students will use their prior knowledge of our freeze dance game to actively listen to the instructors.</p> <p>They will be dancing using their locomotion while the music is playing and then will use full body listening to the instructor when the music stops. They will go into the pose the instructor has called out and try to hold the pose in a frozen position until the music starts again.</p>	<p>10min</p>
<p>Closure:</p> <p>We will close our lesson by bringing our four core poses we learned and connecting them to The Gruffalo by Julia Donaldson. One of us will read the story while we walk around the room and the other teacher will demonstrate the poses to go with the story for the students. Each pose will help bring the students more engaged with the story and this will bring the story to life. We will also be assessing students through their participation at this time.</p> <p>At the end of the story, we will be wrapping up our lesson and instructing the students to roll up their yoga mats and help with putting them away.</p>	<p>The students will begin on their yoga mats and will be actively listening to the story while following the demonstration of yoga poses.</p> <p>Each yoga pose will represent a new character in the story, and this is a fun way for students to be engaged in language arts.</p> <p>Students will roll up their own yoga mats and help the instructors with clean up.</p>	<p>10min</p> <p>2min</p>

Organizational Strategies:

At the beginning of the lesson, we will have the students spread out across the room. The students need to have enough space between each other for safety. We will demonstrate this by having the students hold out their arms with enough space between each other. To keep the students organized we will be walking around the room during each activity to help with yoga movements and watching how each student is participating.

Proactive, Positive Classroom Learning Environment Strategies:

Freeze dance yoga is a fun way for students to move their body while practicing their yoga movements and improving their balance. Connecting The Gruffalo to yoga by demonstrating different poses for each animal in the story creates a fun, proactive learning environment for all students. This activity would also be a great brain break in the classroom while incorporating literacy and physical education together. This activity is a positive one for all the students because it comes with modifications and can work with all students' abilities.

Extensions:

Yoga is something the students can continue to work on and learn more poses to put into their practice. There are many different types of yoga for students to learn and different ways it can make your body feel. Students are able to continue their practice at home by themselves or with family. There are also yoga classes for children that students could attend. Classes could engage in a yoga field trip as well. There are many other yoga games as well such as yoga obstacle courses, yoga charades, etc. Yoga can lead to more balance, flexibility, and better posture in participants.