

# Lesson 1: Coastal Caper



## Learning Sequence

**Reconnecting – Coastal Caper:** Ask the children to settle themselves on the mat, with enough room to lie down. Remind children that good breathing is essential in yoga and links the body and the mind. Share that good breathing is relaxed and deep. It tends to be slow and it feels good. Emphasise that it is important for your breathing to flow in and out easily, all the time you do yoga. Practise a slow, relaxed breath out. When children are relaxed, introduce the lesson and read the coast facts to set the scene using the [Lesson Presentation](#). Then act out putting on wellies, sunglasses and sun hat and setting off on a coastal caper.

**Warming Up – Waves:** Using the [Lesson Presentation](#), invite the children to practise moving their bodies like waves. Encourage them to use free-flowing, creative and relaxed movements.

**Exploring – What Might We See?** Using the [Lesson Presentation](#) follow the guidance on each separate slide to help the children complete a balanced series of yoga poses to exercise the body and mind in different ways. All poses are related to things the children might see on their coastal caper.

**Breathing – Conch Shell Breathing:** Share the information in the [Lesson Presentation](#) to help the children learn to extend and deepen their breathing while pretending to blow a conch shell.

**Relaxing – Shell Stars:** Ask the children to lie down. Read the short relaxation story based on the lesson theme in the [Lesson Presentation](#). Encourage them to stay focused throughout and use the slow, relaxed breathing. End relaxation with the optional singing bowl or chime to indicate that it is time to come back to sitting.

**Meditating – Starfish Meditation:** Using the meditation guidance in the [Lesson Presentation](#), ask the children to sit quietly for up to one minute. Praise children on their focus and sharp senses that have helped them to keep their attention steady.

**Reflecting – Flying Home:** Briefly review the yoga journey, breathing and relaxation, using the [Lesson Presentation](#) for support. Ask the children how they felt and what they experienced. They may like to share what happened in their relaxation but always allow this to remain private if preferred.

### Aim

- To create intervertebral space and improved spinal alignment.
- To develop flexibility, strength, control and balance.
- To develop mental alertness and calm.
- I can root my feet on to the ground.

### Success Criteria

- I can keep my feet steady on the floor.
- I can follow instructions carefully.
- I can stay in my own space.

### Preparation

Read the [KS1 Yoga User Guide](#) prior to the session. Choose the materials you wish from the [Lesson Pack](#). Use mats so that each child can lie comfortably on the floor. Position the mats so that you can see each child and they can all see you. Encourage the children to wear PE kits or loose, comfortable clothes.

### Optional Resources

- [Watch and Learn Activity Sheet](#) and reference book for non-participation.
- Coast soft toy.
- Singing bowl or chime to end relaxation.

### Materials in this Lesson Pack

- [Visual Lesson Plan](#)
- [Watch and Learn Activity Sheet](#)
- [Matching Activity Sheet](#)
- [Drawing Activity Sheet](#)
- [Activity Cards](#)
- [Story Writing Activity Sheet](#)
- [Recipe for a Pose Activity Sheet](#)

### Materials in this Lesson Unit

- [Display Photo Pack](#)
- [Challenge Cards](#)
- [Assessment Pack for the unit with Jigsaw Targets, Self-Reflection Sheet, KWL Grid and Assessment Spreadsheet](#)

## Yoga Ethos

Children are learning to develop their flexibility, strength and balance within yoga classes. They are also developing mental alertness and calm. This is done through a careful order and balance of yoga poses and techniques. Yoga is the connection between breath, mind and movement so insist that children practise in a way where they can breathe easily and smoothly. Children should know that yoga is a physical discipline that does not have to have a religious dimension.

## Teaching Yoga in Schools

The [KS1 Yoga User Guide](#) has more detail about yoga, the component parts of each lesson, health and safety and how to adapt yoga to suit the needs of individuals and a glossary.

To teach yoga, explain the poses using the [Lesson Presentation](#) and then either model the pose yourself, or ask a child to come out and demonstrate. Highlight the main directions as children watch the pose. When the class is doing the yoga pose, offer adaptations as required.

Remind children that no one can see if they are doing yoga well as it is about how they feel inside. If they feel good, then they are doing yoga well.

### Supporting

Encourage the children to use a chair for support if needed. Give children verbal encouragement to make poses smaller or to adapt the pose to their body, particularly if they have differing physical capacities.

To increase interaction, you could ask children to draw, label or explain their observations on the [Visual Lesson Plan](#). Use the optional coastal soft toy to support pupils who need additional input. For non-participating children, the [Watch and Learn Activity Sheet](#) is provided to encourage them to interact in and contribute to the lesson. This can be used alongside a reference book about the environment.

### Extending

Ask individual children to demonstrate their poses to the class. Choose varying physical abilities and praise a good pose, good posture, steady breathing, calm focus and mental clarity. Children could complete the [Matching Activity Sheet](#) or [Drawing Activity Sheet](#) to develop their understanding of the different poses. They could also use the [Activity Cards](#) to extend their learning through independent practice. Activity cards are colour coordinated, with each colour signifying a different aspect of a well-balanced yoga class. By choosing one card of each colour, from across packs, you can create your own custom class with a balanced range of movements. By ordering the cards in a rainbow starting with red and ending with pink you will ensure a good flow to your new class. The children could also embed their knowledge by completing the [Recipe Activity Sheet](#) or [Story Writing Activity Sheet](#).

### Developing

To further develop their learning, children could prepare a poster about the yoga in the lesson, write a passage to describe their favourite pose and how it made them feel or talk through their favourite pose with a partner and feed back to the rest of the class.

