

Equipment	Optional yoga equipment (e.g., music, speaker, mats, yoga blocks)
Learning Outcome	Practice basic yoga poses demonstrating static balance and following a sequence of poses.
COVID-19 Safety Precautions	Remind students to keep a safe physical distance from each other. Clean or sanitize the equipment before and after the activity.

## Flipped Classroom Strategy (Optional)

A flipped classroom is an instructional model where direct instruction is delivered to students *outside of and before* instructional time. Students are introduced to content that supports the introduction, comprehension, and recall of content and then instructional time is utilized to apply, analyze, synthesize, or evaluate content.

Before implementing this activity during instructional time, create a video or written instructions to share with students providing an overview and movement skills cues for static balance. Refer to the [Movement Skills Cues](#) document to support you. If access to internet or technology is not available, consider providing students with a paper copy of the [Movement Skills Cues](#) document to practice the skills.

Encourage students to try different types of yoga poses by watching Cosmic Kids' [10 Yoga Poses](#) or a similar resource. If students cannot access online videos, provide them with a sheet of different poses to try.

## Activity Description

Encourage students to spread out at a safe distance from each other. Invite students to practice stretching their bodies and holding them in static positions in order to imitate commonly used yoga poses. If utilizing a flipped classroom approach, remind students to apply what they learned or reviewed in the video or written instructions.

Create a relaxing environment for the students, such as playing calming music, dimming the lights, or talking to them about focusing on calming their body as they do the poses. Tell a story using common yoga poses or show a yoga story to the class, such as [The Grateful Giraffe](#). Studies follow the different poses as the story is told. Yoga stories can incorporate poses such as the downward dog, cat cow, frog, cobra, butterfly, and more. For older students, consider challenging them to work in pairs or small groups to create their own yoga story.

## Physical Education Competencies



### MOVE

Develop psychomotor skills, tactics, and strategies that facilitate a variety of physical activities across diverse environments.



### THINK

Develop cognitive skills and strategies for a variety of movement contexts that facilitate critical thinking, decision-making, and problem solving.



### FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate movement competence and confidence.



## Reflection Questions

Reflection is important to support learning during physical education. Consider asking students the reflection questions below and discuss the answers together.

- *How did your body feel during and after the activity? How did your mind feel?*
- *What parts of your body did you feel stretching when you did the different yoga poses?*



## Inclusion Considerations

Modifications can be made to a variety of activity components to ensure inclusion. As you plan activities, consider how everyone can be involved and how to modify or adapt the activities to ensure the full inclusion of all. The STEP framework provides modifications to the following activity components — space, task, equipment, and people.

S Space	T Task	E Equipment	P People
Complete the activity in a space with minimal distractions.	Students practice various yoga poses eliminating the story component.	Students hold onto a chair or other stabilizing object while doing the poses.	Provide students with verbal cues and gestures.

### Observing Learning Outcomes

Use the static balance cues provided in the [Movement Skills Cues](#) resource to observe student learning. Sample questions to observe learning outcomes include:

- Is the student able to demonstrate static balance to successfully hold each pose with minimal adjustments?
- Is the student able to successfully follow the yoga pose sequences?

### Connecting to PHE At Home Learning

The following PHE At Home Learning activity can be utilized by students at home or modified for use during instructional time in order to extend learning.

[Balance Bean](#)