



NGY LESSON PLAN

THEME: Yoga Sports
AGE GROUP: 2-7 yr. olds
CLASS TIME: 30-45 minutes

SUGGESTED PROPS & MUSIC

Water spray bottle, song: *Start the Commotion* by The Wiseguys, song: *Across the Universe* by Sony Wonder

CREATE THE SPACE (3-5 min.)

SUFI CIRCLES, SEATED SIDE BEND, SPINAL FLEX, CREATIVE MOVEMENT, EASY POSE: Begin with the song *Take Me Out to the Ball Game* to introduce the **Yoga Sports** theme. Make Sufi Circles in one direction while singing, "*Take me out to the ball game.*" Switch the direction of the Sufi Circles and sing, "*Take me out with the crowd.*" Move into Seated Side Bend and sing, "*Buy me some peanuts and crackerjacks. I don't care if I never get back.*" Next, in Spinal Flex, sing, "*Let me root, root, root for the home team. If they don't win it's a shame.*" Last, do a Creative Movement of stomping one foot and then the other to sing, "*For it's one, two three strikes you're out at the old ball game.*" Pause in Easy Pose to explain that this Yoga class is all about sports, teamwork and having fun!

EASY POSE, HANDS-TO-HEART: "*When we think about sports, it's common to focus on winning and losing. Sports are also about working together and supporting your teammates. Let's work together and support each other's singing by chanting the sound of Om 3 times.*" In Easy Pose with Hands-to-Heart, take a deep breath in through the nose and exhale to chant, or sing, the sound of Om. Repeat this 2 more times.

WARM-UP (5-10 min.)

COW, CAT, TABLE, CREATIVE MOVEMENT: "*Before playing any sport, it's important to stretch and warm up our muscles, so we don't get hurt. Let's warm up our spine and arms!*" Practicing Cow and Cat get the spine muscles ready for moving the body. There is a lot of throwing and catching in sports, like baseball and basketball, and the spine makes these movements and actions possible. Encourage mindfulness by inviting the children to focus on the muscles of the spine while flowing from Cow to Cat. Pause in Table and add in a Creative Movement of extending one arm to the sky and then the other. Repeat this Creative Movement with both arms, 2-4 times. This warms up the