

SUBJECT:	Practicing the profession		
SECTION:	Period 10 Teaching the Bigger Ones I	STUDY:	33
TITLE:	Planning and carrying out a yoga class		
WORDING:	The task is to plan a yoga lesson for the children in the primary school.		
TIME:	3 Hours		

INTRODUCTION

Yoga means “To control’ or ‘To unit’ which originated in India and are now followed worldwide. Yoga is a physical, mental and spiritual discipline. We can get many benefits by practicing yoga. It Increases flexibility in our body along with improving our strength, stamina, and immune system. It normalizes body weight, stretches muscles, and helps to build up new muscles. It increases movements of different joints, purifies blood and improves blood circulation to every part of our body, and makes working of our heart smooth. It gives mental calmness, reduces stress, and enhances memory. Finally Yoga is the harmonization or balancing of forces through internalization of energy

Everyone can practice Yoga for a healthy life. Every yoga asana has its own benefits for the body. Concentration of the mind is a prime intention. You feel fresh, energetic and clam during and after your practice of yoga asana. It is helpful to start yoga with some warm up exercises like loosening of joints, raising and stretching hands with inhaling, balancing on the toes, and bringing down the hands and head while exhaling etc.

There are different types of yoga asana like Vajrasana, Padmasana, Parvatasana, Ardha Pavanamuktasana, Eka Pada uttanasana, Supta Bhadrasana, Bhujangasana, Ardha Matsyendrasana, Padahastasana Trikonasana, Savasana. You can choose any of these or add some more asanas which can be easier for the children to practice. You should consider place, timing, the age level, and physical condition of the children when planning your yoga lesson. There should be a proper sequence of different asanas and postures. You can organize certain tools, slow rhythm music or video CD of yogasana etc if you find this to be helpful or interesting. When carrying out yoga classes with the children you have to ensure that they are ready both mentally and physically for the exercises you have

planned.

Yoga and different kinds of physical exercises contribute to the physical development of the child while also having a positive impact on psychosocial and mental development. Playing group games have a positive impact on a child's self esteem, promotes better interaction among children, imparts values of co-operation, sharing and to deal with both victory and defeat. Similarly yoga practice contributes to the overall physical and mental development of children.

Various studies have shown that it contributes to flexibility and muscular fitness, and also corrects postural defects in school children. Now a day yoga has been an integral part of 'Health and Physical Education', a compulsory subject up to the secondary school stage.

During this task you will learn to train how to teach yoga to children in the primary school so they learn to enjoy and understand the benefits of yoga.

DIRECTIVE

1. Read the file "Top 10 Benefits of Yoga", "Yoga Asanas, Posters" to learn about benefits of Yoga and certain steps and techniques.
2. Choose some yoga asanas according to the age level of the children you plan to teach, write the benefits and prepare to explain them to the children.
3. Collect yogasana CD with simple steps to take use during the yoga class (if there is facility to watch videos in the class).
4. Make concrete plan of one yoga class with timing, number of children, arrangement of the class, names of the yoga asanas and the steps to do it (take into consideration that the children should be able to follow the steps).
5. Write a conclusion about the planning of yoga class and send to your teacher.

FILES:

F1 : "[Top 10 Benefits of Yoga](http://www.healthyoga.com)" from www.healthyoga.com

F2: "[Yoga Asanas, posters](http://www.shastrogyan.com/yoga.php)" from <http://www.shastrogyan.com/yoga.php>