

Individual Activity Lesson Plan

Spring/Growing

Date: Thursday 2 nd April 2020	
Activity Title: Cosmic Yoga with Enzo the Bee	
Learning Intention: To move freely and with pleasure and confidence in a range of ways.	Activity Overview: Follow the instructions to stretch and move along with the story.
Links to EYFS: Physical Development: Moving and handling 30-50 months.	
Resources: <ul style="list-style-type: none"> - Link: https://youtu.be/uyj5LooYWyg <p><i>Please be strongly advised that this is a direct YouTube link and you are responsible for any subsequent content that may appear around the video. A full screen view often minimises peripheral content, but adverts may still pop up along the bottom of the screen.</i></p> <ul style="list-style-type: none"> - Yoga mat (if available) 	Key vocabulary: Yoga, crossing, namaste, bee, honey, butter, twist, spread, bend, wings, pollen, body, head, stripes, back, lean, tummy, breath, fingers, bottom, chin, eyes, tree, flower, stir.
ACTIVITY IMPLEMENTATION (including key question)	
<p>Introduction:</p> <ul style="list-style-type: none"> ❖ Invite your child to do yoga and meet ‘Enzo the Bee’... ❖ Encourage your child to take off the socks and shoes. ❖ Put the computer or laptop in a place where you both can see. <ul style="list-style-type: none"> • “Are we ready to listen?” <p>Main Activity:</p> <ul style="list-style-type: none"> ❖ Set up the video, click play and sit next to your child. ❖ Practice the yoga movements along with your child and help him/her when required. <ul style="list-style-type: none"> • “Can you touch your toes?” • “Can you stretch up high?” • “Can you bend your knees?” <p>Activity review:</p> <ul style="list-style-type: none"> • “Show me your favourite yoga position” • “How did Enzo fly?” 	
<p>Additional ways to support your child: Practise some of the movements with your child before your child sees the video so he/she can be ready for it.</p>	<p>Extension: Encourage your child to stretch and balance. When outdoors, encourage the use of bikes, hoops or balls. This builds your child’s confidence and muscles to make more complex movements later.</p>

