



A Sample Recess Class: Animals!

Grades K to 1 | Movement Form: Yoga

Playing with great beats and catchy vocals, kids leap into fun and fitness moving like their favorite animals!

OBJECTIVE: The Warm-Up: First song prepares the joints, muscles and connective tissue for vigorous movement.

MOVEMENT: Using breath and movements to warm up the body.

- Dragon breath: inhale and move arms from sides of body to overhead. Roar the exhale out while lowering arms and claws in front of body. Repeat series.
- Giraffe to elephant: inhale arms overhead (as a giraffe neck) while getting on tippy toes, then exhale as hands (giraffe mouth) eat the leaves on the tallest tree. Inhale while going flat foot and exhale while arms drop to the front of body (elephant's trunk), and sway the trunk from one foot to the other. Inhale into tall giraffe and repeat series.

OBJECTIVE: Ready, Set, Go: Next few songs bring continuous movement to give the heart, lungs, intrinsic and extrinsic muscle groups conditioning.

MOVEMENT: Continuous movement to stimulate the body.

- Eagle: breathe arms up and down like a flying eagle. Let the eagle soar by swiveling the torso from the hips to head. Challenge: eagle soar while balancing on one leg.
- Dog to cat: breathe arms down into elephant. Walk hands out in front of body, look for belly button and push your tail to the ceiling. As you push one foot down, then the other, "bark" like a dog. Come down onto hands and knees (paws) and look for the ceiling as you "meow". On all fours look for belly button, tuck in tail and arch back and "cat hiss". Push back into dog and repeat series.

OBJECTIVE: Cool Down: The last few minutes are for slowing the heart rate down.

MOVEMENT: Stretch the body and slow down movements.

- Dinosaur to bear: exhale as you bend over and touch toes. Hold onto toes and take deep breaths as you take a couple of dinosaur steps forward. Deep inhale as you stand up and turn around. Inhale, then exhale as you touch the ground and use your hands and feet to bear step back to your spot.
- Dolphin: exhale as you dive hands and arms together overhead (a bottle nose dolphin). Next direct the dolphin nose to the left, center and right to stretch out the sides of the body.

TIP! Ask students to strike a pose—flamingo on one foot!—while you turn on music and between songs.

