



# Elementary Physical Education Virtual Learning

# Kindergarten

April 6-10, 2020



# Kindergarten Physical Education

## Lesson: April 6-10, 2020

### **Learning Target:**

I can demonstrate ways to balance on different body parts at different levels.

Please always practice safety with each exercise and movement.

**Background: Balance is an even distribution of weight allowing you to stay upright and steady.**

**Let's Get Started:**

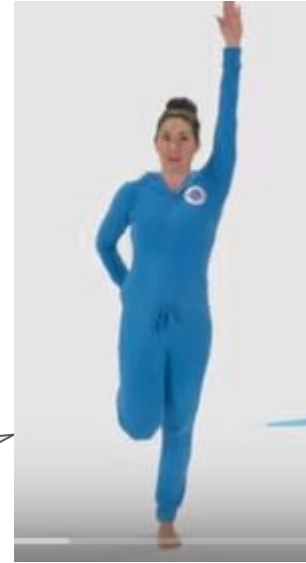
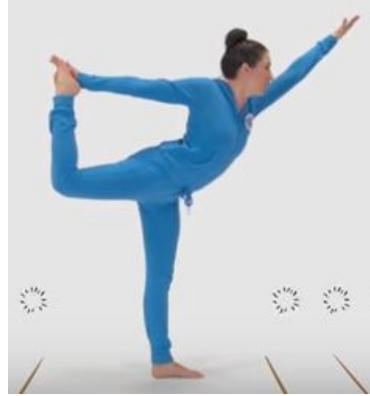
1. Raise your foot just a few inches off the ground, and balance for 10 seconds. Please, switch your feet and try again.
2. Bring your right foot to your left knee, and balance for 10 seconds. Please, switch your feet and try again.

Watch video and do the exercises:

1. [5 Kids Yoga Poses for Brilliant Balance by Cosmic Kids Yoga](#)

# Practice #1:

## Which balance is the Flamingo Pose?



The Flamingo Pose is a great balance to stretch and strengthen your Quadricep muscle's flexibility

## Practice #2: Which balance is the Dancer Pose?



The Dancer Pose has  
one point of contact  
(balancing on one foot)  
which is different from  
the other two poses

### Practice #3:

Match the following poses with their correct name



**Crow Pose**

**Flying Pose**

**Tree Pose**



**Points of Contact:** The number of body parts touching the ground when balancing

Flying Pose has 1 point of contact →



← And the Crow Pose has 2 points of contact

## Practice on your own:

Let's get creative and make your own balances!

1. Can you make a balance that has 4 points of contact?
2. Can you make a balance that has 3 points of contact?
3. Can you make a balance that has 2 points of contact that is different than the Crow Pose?
4. Can you make a balance that has 1 point of contact that is not shown in our Cosmic Kids Yoga video?



**MORE Practice on your own:**  
Go to this website: [Animal Yoga Poses](#)

Follow along with the video, and you'll meet a cat, dog, snake, and bee.

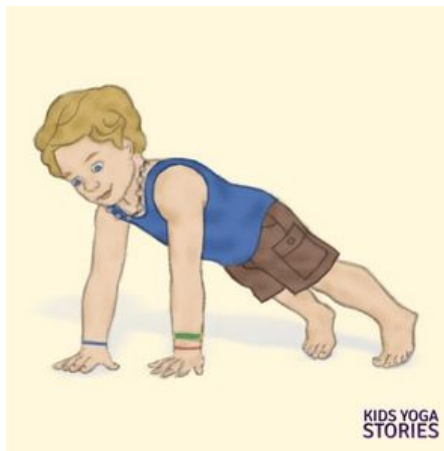
5. Can you create any of your own yoga poses that are inspired by other animals?

## Practice:

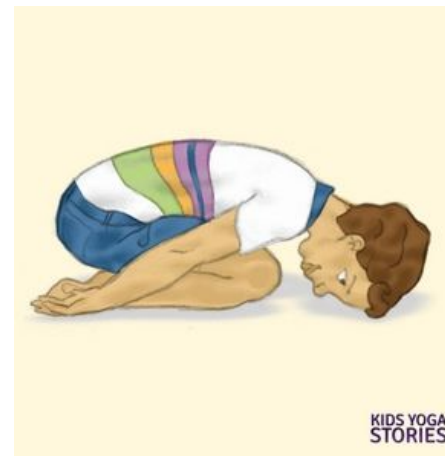
Complete these following poses from [Kids Yoga Stories](#)



**Elephant Pose**



**Crocodile Pose**



**Hippo Pose**

## Self Check:

Go tell someone in your home your answers.



1. Was this lesson:

- easy
- just right
- hard

2. Show someone in your house your favorite yoga pose from today.