

Title: FUN YOGA, RANDOM POSTURES

Educational level: 2° cycle Early Childhood Education.

Curricular areas: interdisciplinary.

Timing: 1 session (in any term).



Summary

Students associate a symbol with a yoga pose so that when they roll the dice, they can reproduce the correct pose according to the given code.

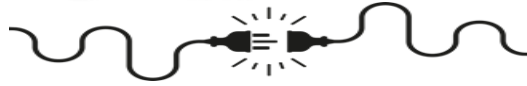


Aims

- Develop and improve **flexibility, strength, and coordination**.
- Foster **attention and concentration**.
- Learn about their own body and build **self-confidence**.
- Stimulate **imagination and creativity** through play.
- Promote **calmness** and stress management.
- Promote active **participation** and enjoyment of **exercise**.

Key competencies to develop: linguistic, mathematical, scientific and technological, personal, social, and learning to learn.





How do we do it?



We will introduce the activity to the students to **see if they know** any yoga poses, what yoga is, and its benefits.

We'll begin by **presenting** each of the **four poses** and their **symbols**, keeping in mind that there are two blank faces left for the students to create their own poses.

We'll **practice** various poses as a **whole group** before starting to roll the dice.

We will **roll the dice** and **perform the pose** shown on each roll, **turn by turn**. Then, we'll **roll the dice several times** in a row to **create a code or sequence** for them to memorize and perform. For example, we roll twice and do both poses, then roll three times, memorize, and perform the three poses, and so on.

Once we've completed the activity as a **whole group**, we can offer them the option to do it in **smaller groups**. For this, each team will need a die. One student can call out or show the appropriate figure.

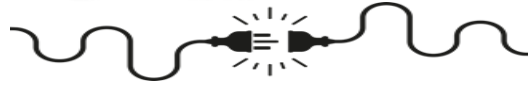
To finish, we can **play a game** where one volunteer **student takes on the role of a robot** and must **follow the sequence** of symbols indicated by their classmates.

Finally, we will briefly discuss **how they felt**.

Suggestions

Once the students are comfortable with the code, we can roll the dice as many times as we like to create sequences of varying length





Resources

- **Personal:** teachers and students.
- **Materials:** cards with yoga poses and their symbols, dice with symbols, code cards.



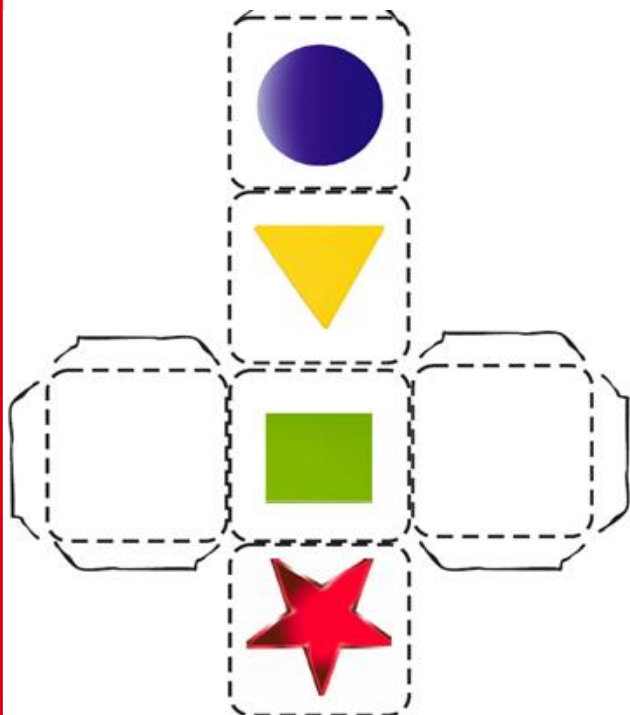
Spaces: classroom, playground, gym.

Type of activity: small groups.



Print out: [Cards and dice to cut out and paste](#)

Cards:



ARBOL



LOTO



GUERRERO



PUENTE



ARBOL



LOTO

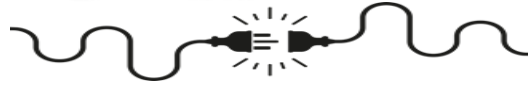


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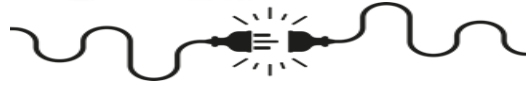


What have we learned?



Evaluation Criteria			
Knows the presented yoga poses.			
Identifies the different symbols that form the code.			
Communicates correctly and cooperates with other students.			
Recognizes the benefits of being calm.			





Computational Thinking

Logic (prediction and analysis): thinking to make predictions, solve problems and take decisions based on available information.

Algorithms (steps and rules): is a step-by-step process that solves a problem or completes a task.

Patterns (recognise and use similarities): recognising similarities or patterns in problems or data, which means come up with solutions quickly and effectively.



More information

QR codes to the activity resources:



[Cards and dice to cut out and paste](#)