

Age: KS3 (11–14)

Duration: 35 min

Format: Whole class/large groups

Equipment: gym mats, dice

OVERVIEW & PURPOSE

This is an introductory yoga lesson for PE aimed at KS3 students. Students will play games that encourage listening, noticing and responding, before settling into a short breath awareness and relaxation session.

LEARNING OUTCOMES

- *Students demonstrate inhibitory control, responding accurately to instructions and pausing before acting, even under the social pressure of a group game (KS3 PE: concentration and mental engagement in physical activity)*
- *Students explore a range of yoga shapes independently, making creative decisions about how to use their body in response to a number constraint (KS3 PE: creative problem-solving in a physical context)*
- *Students begin to observe and describe physical qualities in their own and others' movement, using simple evaluative language (KS3 PE: evaluating and improving performance)*

Phase	Activity	Time
brief	Yoga is not supposed to hurt — if something hurts, stop. You are the expert in your own body. Adapt any shape to suit you, or ask for an adaptation at any time. You can also rest in child's pose, or lying down.	3 min
warm-up	Joint mobilisation: Gently bounce up and down, shaking your wrists, twisting side to side, rolling your shoulders. On the bank, in the river. You'll need a line (either drawn on the ground, or use one of the court markings). All of the students stand behind the line, this is the bank. If you call "in the river" they jump over the line, into the river. If you then call "on the bank" they jump (or step) back, but if you call "in the river" they need to not move. Players are out if they move/don't move incorrectly. You can make the game even more challenging by adding in 2 impossible instructions - "In the bank" and "On the river" - anyone who moves on these instructions is out.	7 min
explore	Yoga dice game. You can run this as an entire class, or as 2-3 smaller groups. You'll need a large dice per group and gym mats. One student throws the dice. If they throw a 3, everyone must make a yoga shape with 3 touch points on the ground (2 feet & 1 hand, 2 feet & 1 head). The student who threw the dice should pick the strongest pose, introducing positive, kind, evaluative feedback. Continue with each student taking a turn to throw the dice, and introduce different metrics for evaluation (most balanced, most creative, most effortless = who looks like they could stay there all day?)	18 min
cool down	Lie down and hug both knees in, one hand on each knee. Take both knees round in circles clockwise (approx 8-10 circles), then anticlockwise. Hug the right knee in and stretch the left leg out along the ground, pushing out through the heel. Hold for three breaths and the swap sides. Place feet down on the mat, stretch arms out at shoulder height. Drop both knees over to the right, hold for three breaths, then drop knees over to the left and hold for three breaths. Let the head gently roll from side to side.	4 min
chill	If following the breathing instructions causes any discomfort or anxiety, invite students to let go of the count and simply watch their natural breath instead. Guided relaxation script: balanced (see page 3)	5 min

yoga free lesson plan

preparation and context

STANDARDS ADDRESSED (KS3 PE)	ESSENTIAL QUESTIONS
Apply movement skills with accuracy and control in response to external cues Develop balance, stability and spatial awareness through a range of physical challenges Use creative thinking to solve physical problems independently Evaluate own and others' performance constructively, using observational language Understand how breath and deliberate stillness contribute to physical performance and wellbeing	In the warm-up game, did you catch yourself about to move when you shouldn't have? What stopped you? For Yoga Dice, did you find it easier or harder when the number was higher? Why? What's the difference between a pose that looks strong and a pose that looks effortless?
PHYSICAL MODIFICATIONS	INCLUSION NOTES
In the Yoga Dice game, there is no correct pose for any number - a student who finds their own position with the right number of contact points is doing the activity fully and correctly. For a dice roll of a one, a student could legitimately lay down on the floor and claim their whole body is one touch point.	Warm Up - In the River, On the Bank: it's okay for students to step rather than jump Chill - resting position could be lying on their tummies, lying on their sides, or even sat quietly. So long as they do not disturb other students, anything goes.

MATERIALS & RESOURCES

Gym mats, large dice (one per group)

SAFETY CONSIDERATIONS

In the River, On the Bank game: ensure students have enough space between them. It's okay for students to step rather than jump, particularly if they have any joint issues or ongoing injuries.

TEACHER NOTES

This lesson needs no yoga knowledge from you or your students — Yoga Dice is self-directed and the resource does the teaching. Your role during the explore phase is to circulate, call the evaluation metric for each round (rotate between strongest, most balanced, most creative and most effortless) and name one thing you notice working well in the room. When the dice roller gives their feedback, don't rush it — this is the most valuable two minutes in the lesson. Read the safety briefing script before class and deliver it verbatim; it takes one minute and sets the tone for everything that follows. The cool-down and chill sections are not optional.

balanced

a guided relaxation script

Come into a comfortable resting position. Maybe lying on your back with your legs outstretched, or your feet flat on the floor with your knees bent. Let your arms rest a little away from your body, palms facing up. Or you might prefer to lie on your belly, with your head resting on your arms. Find a position where you can be still.

Take a moment to notice where your body meets the floor. Your feet. Your legs. Your hips. Your spine or your belly. Your shoulders. Feel the floor holding you. Every part of you is supported, there's no work for you to do.

Bring your attention to your breath. Don't try to change it yet, just notice it. Notice the inhale - the air entering as you breathe in. And the exhale - the air leaving as you breathe out. The rise and the fall.

Now, gently, see if you can begin to balance your breath. Can you make the inhale and the exhale the same length? Without forcing it, just finding an even rhythm. Like a set of scales, perfectly balanced. In for the same count as out.

If it helps, breathe in for three slow counts, and out for three slow counts. Or four and four. Choose what feels natural in your body today. If at any point breathing this way makes you feel uncomfortable, let go and just breathe naturally.

In... and out. In... and out.

(silence — hold for a few seconds)

Notice how your body feels right now. Whether there's any difference from when we started. Perhaps a little stiller. A little more settled.

The floor is steady beneath you. Your breath is steady within you.

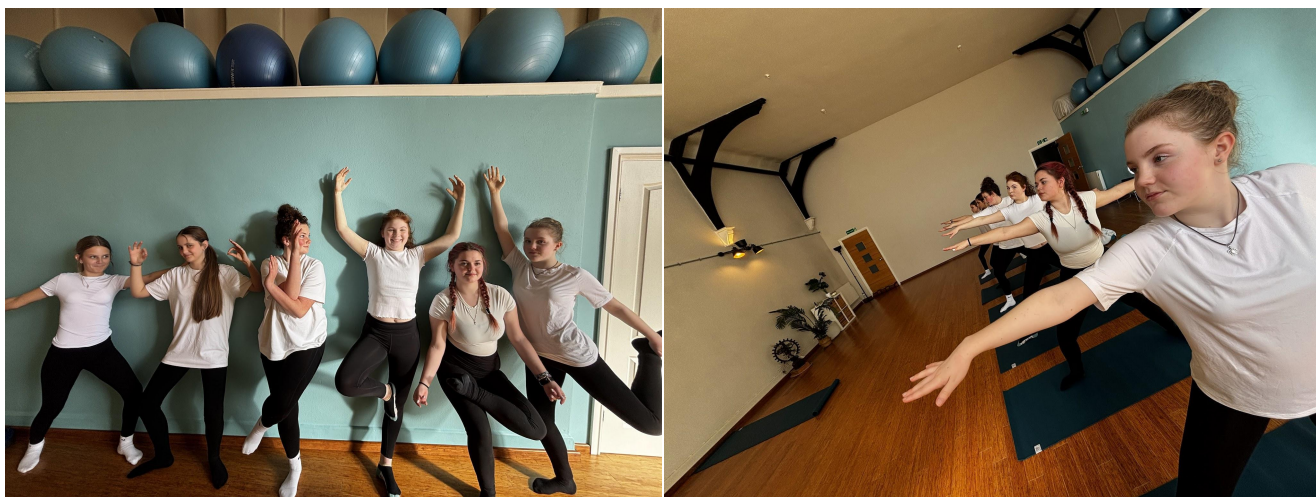
(silence — hold for a few seconds)

Softly begin to deepen your breath. Bring your attention back to the room — the sounds around you, the feel of your clothes on your skin. Gently wiggle your fingers and toes. Roll slowly onto one side. And in your own time, come back to sitting.

you just taught yoga.

Maybe that surprised you. Maybe your students surprised you too. Maybe the ones who don't shine in a traditional PE lesson held a balance with complete concentration, or maybe they toppled out of a pose and laughed rather than disengaging.

That's what yoga can offer in a secondary school. It creates space for a different kind of success.



the full chill state yoga pack gives you:

- Twelve ready-to-run lesson plans suitable for KS3 and KS4, each following the same format as this one. No yoga experience needed. Pick up any lesson and teach it.
- A games resource with warm-up and relay games, all with learning outcomes and mapped to curriculum outcomes.
- Yoga pose postcards, a card game, yoga circuits, warm-up and cool-down routines as well as breathwork and guided relaxation scripts.
- A risk assessment, safety briefing, health conditions reference, curriculum mapping and an assessment framework. Everything your department needs to confidently include yoga in the PE programme.

want to go further?

The pack works as a standalone resource. But the schools that get the most from it are the ones that pair it with CPD sessions, available as half-day, day or twilight sessions. Teachers who experience the practice themselves teach with a completely different quality of confidence, and their students feel the difference.

let's talk

Resources available from £95, with CPD packages from £750. Get in touch for a no obligation chat and we'll find the right starting point for your school.

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