

Theme	Under the Sea	Class Length	35-40 mins	
Age Group	7-11	Equipment	gym mats; music evoking the ocean (try “Ocean Horizon” Satori Bloom)	
Learning Objective and Curriculum Links	Body awareness and self regulation (PE: developing flexibility, balance & coordination; PSHE: managing feelings & wellbeing) Creative movement (PE: using movement to communicate; Art & Design: responding to stimuli creatively) Breath awareness - how mindful breathing affects how they feel (Science: functions of the human body; PSHE: relaxation and Mindfulness stratgies)			
1. TRANSITION ACTIVITY: Tip toes Touch toes		Time: 3 mins		Equipment: gym mats out
We have just two rules in yoga. The first is that yoga shouldn’t hurt. If something hurts, do it less, so it doesn’t hurt, or stop doing that pose completely. The second rule is that we stay on our mats, except in the game, where we can move around the room. Let’s warm up! Stand on tiptoes, reach as high as you can. Then crouch down on the ground, making yourself as small as you can. Repeat a few times (between 5 & 10). From final tiptoes explain “We’re going on an underwater journey today. Slowly, let’s sink down in our submarine, until you’re sat on your mat.”				
2. WARM UP:		Time: 5 mins		Equipment: gym mats
Movement	What it looks like	Themed Cue		
Neck rolls	 	Let your head roll gently side to side, like seaweed swaying gently in the current		
Shoulder circles		Holding your arms out to the side, draw circles from your shoulders, like a long-limbed octopus.		
Side and upwards stretch	  	Reach up and over like tall kelp reaching toward the surface. DYK kelp grows up to 60cm a day, the fastest growing plant on the planet		
Seated hip circles		Roll your body round in circles, like a jellyfish pulsing through the water. And the other way.		
Cat	 	Next, we spot a catfish, roll your back, gaze towards your tummy button. DYK catfish have taste buds all over their body. Now arch your back the other way, into cow. A cowfish has horns just like a highland cow.		
3. CREATIVE SEQUENCE		10 mins		Equipment: gym mats
Movement	What it looks like	Themed Cue		Did you know?
Shark (Warrior 2)		Sharks are powerful & focused. Make your legs & arms strong. Front knee bent, back leg straight.		Sharks have been on the planet longer than trees - they’ve existed for 450 million years.

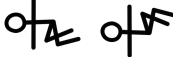
Movement	What it looks like	Themed Cue	Did you know?
Starfish (5 pointed star)		Stretch out wide. What do you know about starfish?	Starfish can self-heal, growing new body parts if they're injured
Crab (Reverse table top)		Sit down, place feet and hands on the ground & lift your bottom	Crabs walk sideways. Can you take 3 steps left and then right?
Seahorse (easy pose)		Sit up as tall as you can. Seahorses swim upright	DYK male seahorses give birth & carry babies in a pouch
Turtle (tortoise pose)		Sit down, with legs wide and slightly bent. Reach under your legs with your hands, and lean forward, tucking your head in.	Sea turtles navigate using the Earth's magnetic field like a built-in GPS.
Pufferfish (goddess)		Legs wide, knees bent, cactus arms, pointed fingers	Pufferfish are one of the most poisonous animals in the world

Memory check: what have we seen on our journey? Encourage children to demonstrate each pose as they say the answer.

4. YOGA GAME	Time: 5-10 min	Equipment: gym mats & music
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Yoga Statues. Students “swim” freely, interpreting the music. When the music stops, call out a sea creature and students take that pose until the music starts again.

5. COOL DOWN	Time: 5min	Equipment: gym mats
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Movement	What it looks like	Themed Cue
Seated forward bend		Can you walk your fingers down your legs, like a crab walking across the sand? Can you touch your toes? If your legs feel tight, bend your knees.
Supine twist		Lie on your back, feet flat to the floor, knees bent up to the ceiling. Drop your knees side to side, like the waves and wash.
Happy baby		Lift your feet up and grab hold of them. Rock gently side to side, like a boat bobbing on the sea.

6. BREATHWORK	Time: 2min	Equipment: gym mats
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Place your hands on your tummy. As you breathe in, feel your hands rise up. As you breathe out, feel your hands sink. Repeat 4-5 times

7. CHILL STATE	Time 2min	Equipment: gym mats
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“Find a comfortable position where you can be still. You could lie on your back or on your tummy. You could close your eyes. Imagine you’re lying on the warm sand at the bottom of the ocean. You can see seaweed swaying and colourful fish ducking in between the coral. The water is perfectly still. A friendly turtle swims past and gives you a slow nod. You feel completely calm, completely safe. The whole ocean is quiet. You are a deep sea explorer and you are ready for anything. Slowly, wiggle your fingers and toes. Take a big breath, slowly roll to the side and sit up.”

you just taught yoga.

Maybe that surprised you. Maybe it surprised your class too. Maybe the child who finds it hard to sit still was focused and settled for the breathwork. Maybe the one who wobbled out of a pose, laughed, and tried again without a second thought. Or the child who asks “can we do this again tomorrow?” That’s what yoga does in a primary classroom. It builds the kind of confidence and self-regulation that makes everything else easier.

the full chill state yoga pack gives you:

- Twenty ready-to-run lesson plans for KS1 and KS2, each themed, fully scripted and requiring no yoga experience.
- Cross-curricular links built in - from literacy to science, PSHE to art, naturally woven into each lesson, so yoga earns its place across the timetable, not just in PE. Lessons are designed to complement your existing curriculum planning.
- Games, warm-ups, cool-downs and activities that encourage concentration, balance, coordination, self-awareness and teamwork.
- Breathwork and practical tools that help children manage big feelings, whether they’re preparing for SATs, dealing with friendship issues, or feeling overwhelmed at the end of a long day.
- A risk assessment, safety briefing and health conditions reference, so you have everything you need to feel confident.

want to go further?

The pack works as a standalone resource. But schools that get the most benefit from it pair it with a CPD session, because when every teacher in the building feels confident leading five minutes of breathwork or a short movement break, the impact on behaviour, focus and wellbeing goes well beyond the PE lesson.

Resources from £95. CPD from £500.

Get in touch and we’ll find the right starting point for your school.

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