

Name/Title: The ABC's of YOGA - PE At Home (Human Anagrams)

Purpose of Event: To stretch our bodies and use our creativity to form the shape of the alphabets using our bodies.

Suggested Grade Level: 3-5

Materials Needed: Yoga mat.

Description of Idea

This video takes you (or your students) through some yoga by molding our bodies into the shape of the alphabets (human anagrams) and will have some of our favorite animal buddies to join us for this session.

Great! animal themed kids yoga workout for PE at home, zoom, google meet, google hangouts, facetime, family time, anytime. Check out the channel for some more fun, creative and engaging fitness games. workouts.

As usual before starting any workouts do your dynamic warmups to warm yourself up then get into the workout, do your cool down stretches at the end.

[See Video](#)

Submitted by **Idrissa Gandega** in new york, NY. Thanks for contributing to PE Central! **Posted on PEC: 11/23/2020.**

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