Name/Title: Sun Salutation Yoga Warm-Up

**Purpose of Event:** A Sun Salutation is to warm up the body for a yoga or other activity experience. It is an alternative to running laps or other traditional warm-ups.

**Prerequisites:** Students MUST have been taught the basic posture for yoga and it is imperative that you have gone over these poses in previous classes.

**Suggested Grade Level:** 6-8

**Materials Needed:** Yoga mats. Handout of poses

### Description of Idea

Students find their own personal space (with a mat if you wish) to perform the Salutation. Cue cards with the pictures corresponding to the poses as a visual cue should be displayed (www.yogajournal.com has excellent pictures for cue cards).

It is a good idea to warm the muscles before doing this so maybe a quick instant activity to get the muscles warm or some jogging in place.

Sun Salutation

1. Child’s Pose
   - Kneel on the floor bent over with forehead on the floor.
   - Arms extend behind the body on the floor with palms up.

2. Downward-Facing Dog
   - On hands and feet create a point with hips.
   - Push heels to the floor – straight back

3. Cobra Pose
   - From lying prone, lift upper torso with arms.
   - Lift through the chest

4. Cow Pose
   - On hands and knees, pull belly towards the floor.
   - Hands pointed forward, toes pointed behind.

5. Cat Pose
   - On hands and knees, round spine out evenly pushing belly up.
   - Hands pointed forward, toes pointed behind.

6. Extended Puppy Pose
   - Stack hips over knees
- Extend torso and arms forward resting forehead on floor.

7. Sphinx Pose
- In a prone position, stack elbows under shoulders.
- Lift upper torso onto forearms.

8. Cat Pose
- On hands and knees, round spine out evenly pushing belly up.
- Hands pointed forward, toes pointed behind.

9. Cow Pose
- On hands and knees, pull belly towards the floor.
- Hands pointed forward, toes pointed behind

10. Cobra Pose
- From lying prone, lift upper torso with arms.
- Lift through the chest

11. Downward-Facing Dog
- On hands and feet create a point with hips.
- Push heels to the floor – straight back

12. Child’s Pose
- Kneel on the floor bent over with forehead on the floor.
- Arms extend behind the body on the floor with palms up.

**Assessment Ideas:**

Visual assessment could be used to see the students progress in the poses. Yoga will enhance their stretching and flexibility.

Submitted by Mary Teclaw in Tomah, WI. Thanks for contributing to PE Central! **Posted on PEC: 11/24/2008**

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