



TEACHING YOGA IN PHYSICAL EDUCATION PLAYBOOK

5 Tips To Success





THANK YOU FOR DOWNLOADING!

Thank you for downloading the Teaching Yoga in Physical Education Playbook. My name is Lulu Emmons, and I am PLT4M's yoga instructor.

Yoga is a fantastic form of exercise with many physical and mental benefits. But yoga can be intimidating for students and teachers alike. In this PDF, we break down 6 tips for teaching yoga in physical education so that every student can experience yoga's power.

If you want to learn more about PLT4M's yoga series, or our vast catalog of fitness based curriculum, we'd love to connect.

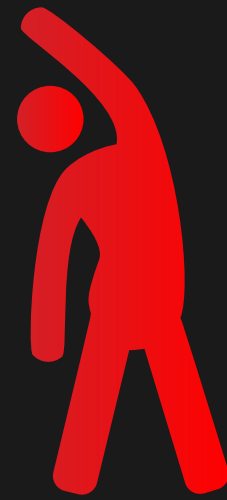
[LEARN MORE](#)

IN PURSUIT
OF BETTER

LULU EMMONS

YOGA INSTRUCTOR / RYT-200, YA

BENEFITS OF YOGA



PHYSICAL BENEFITS

- Strength
- Balance
- Flexibility



MENTAL BENEFITS

- Stress Management
- Clarity & Calmness
- Attention & Self-Awareness



ACCESS & AVAILABILITY

- Yoga Studios & Gyms Everywhere
- Endless Online Apps & Youtube



STANDING



TWISTING



BALANCING

BUILD A FOUNDATION

TIP #1

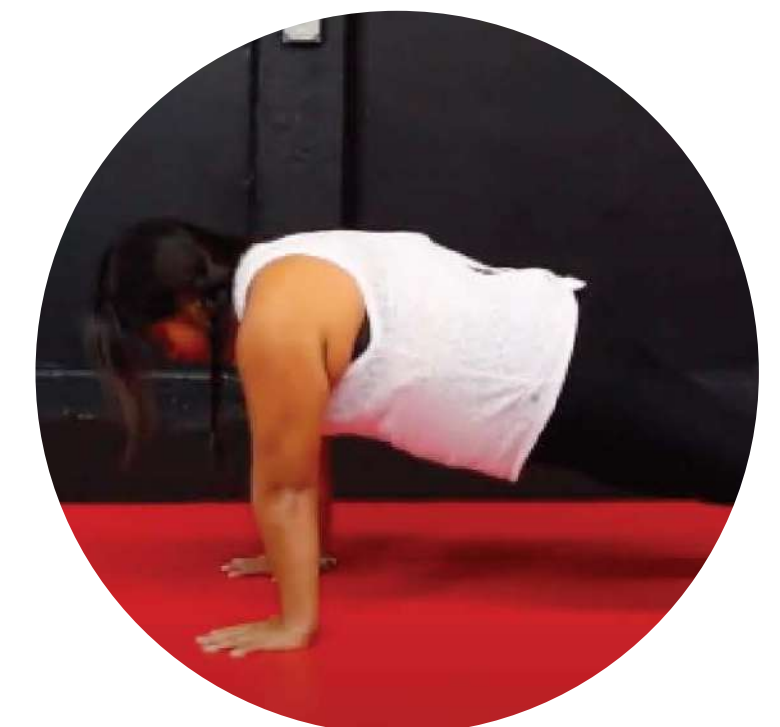
Before you can master anything, you must first build a strong foundation. In yoga, the foundation is built from 6 main categories of yoga poses that students should learn and develop.



SPINE



HIPS



CORE

START WITH MOVEMENTS, NOT FULL FLOWS

TIP #2

Just like they say walk before you run, introduce movements within the foundational categories before incorporating them into full flows.

Example – Chair Pose

3 Points of Performance:

- Bend your knees, shift weight into your heels
- Press your tailbone down and use your core to lift your chest
- Draw your shoulder blades down your back, keeping your hands at your chest or above your head

Common Faults: A common fault in the Chair Pose, especially when students raise their arms overhead, is excessively rounded backs. Squeeze your shoulder blades together to lift your chest and find a strong back position.



CLICK HERE TO WATCH THE FULL VIDEO

PROVIDE MODIFICATIONS FOR EVERYONE TO SUCCEED

TIP #3

Every yoga pose can be scaled and modified. Give students options so that every student in class can find success and strength within yoga. If students feel like they can't do something, they won't want to do it all.

Example – Modifying The Crescent Lunge

For the crescent lunge, we are going to find the bottom of our lunge position. Our front leg should have a 90-degree bend, and our knee should be stacked over our ankle. From there, make sure your shoulders are stacked over your hips and your hips over your back knee.

Next, we are going to find our 'Mountain Pose' arms. With our shoulders stacked over our body, we will lift our arms up and overhead. From here, we will have our palms facing in and rotate our pinkies towards one another to open up our shoulders. This is a Crescent Lunge.

If this variation feels good, we can raise our back knee slightly off the ground. For an easier variation, bring your hands to chest center. For a more challenging variation, extend your arms up and overhead for Mountain Pose.



CLICK HERE TO WATCH THE FULL VIDEO

BUILD MOVEMENTS INTO BASIC FLOWS

TIP #4

As students start to learn new yoga poses, you can begin to incorporate them into basic flows that will build confidence and stamina with yoga.

Example Flow

In this 6 minute flow, we will do:

- Chair Pose to Forward Fold
- Halfway lift to Chaturanga
- Up dog into Down Dog
- R/L leg high into Low Lunge
- Warrior Two into Extended Side Angle
- Reverse Warrior into Chaturanga

Our first go at this full flow! We will be combining and building from all the poses in our library we have worked on so far. There is a new transition in this flow we have not covered in detail yet, so just have fun and give your new skills a try.



CLICK HERE TO WATCH THE FULL VIDEO



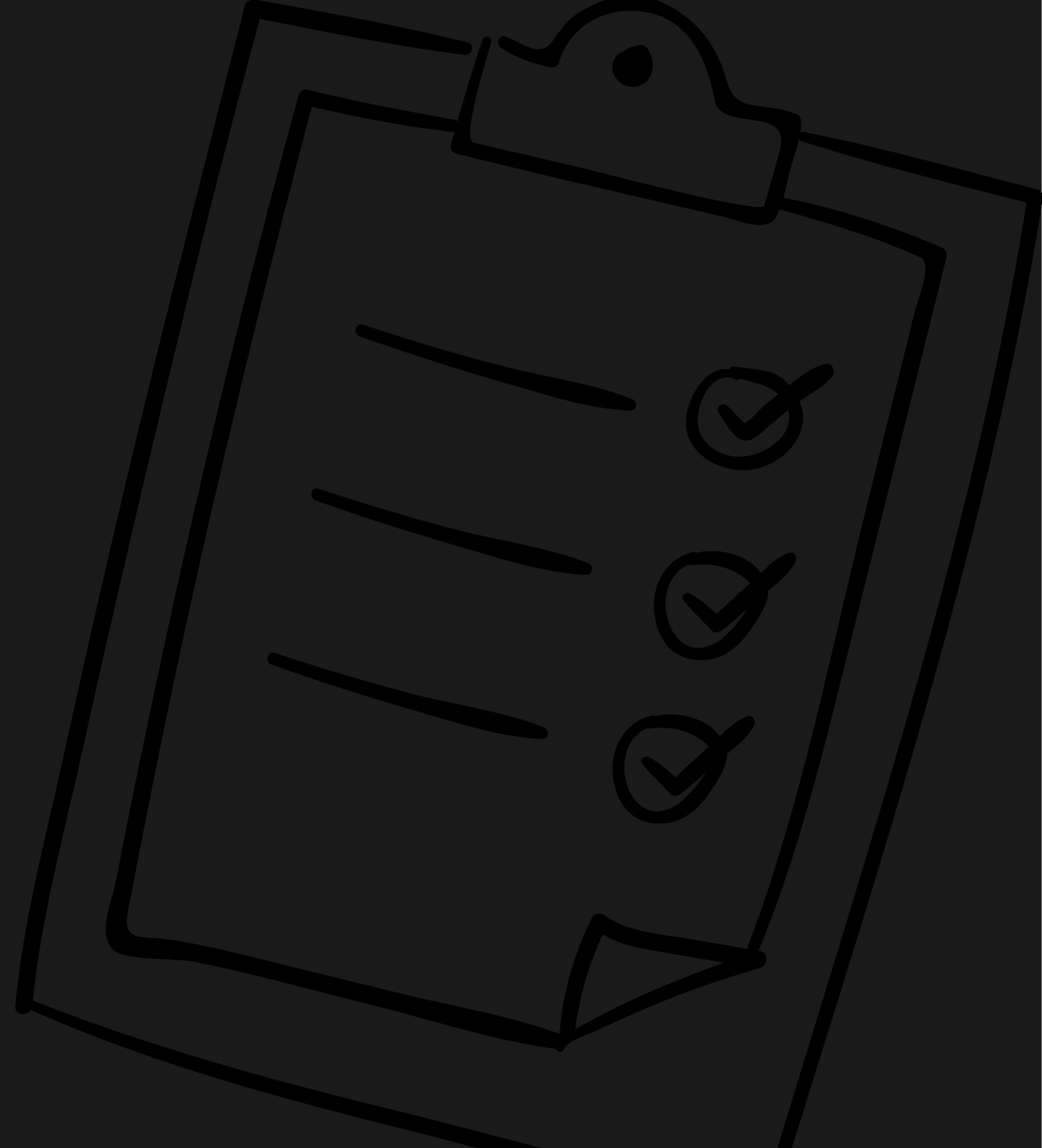
USE INSTRUCTIONAL VIDEOS

TIP #5

Physical Education teachers aren't expected to be yoga experts. If you use instructional videos like PLT4M's, you can become a facilitator rather than having to lead a full yoga lesson from the front of the class. This means you can walk around the classroom and give students hands-on feedback.

KEY TAKEAWAYS

- Yoga is a lifelong fitness skill that every student can learn and develop
- Starting with foundational elements of yoga can create an inclusive environment for all
- Attempting complex yoga flows before students are ready can create a negative association with yoga that deters student participation
- Physical education teachers aren't expected to be yoga experts
- Utilizing resources and instructional videos can make yoga a viable for option for any physical education class



THANK YOU FOR READING

Want to learn more about PLT4M?

REQUEST A DEMO

QUESTIONS?
REACH OUT TO PLT4M:

EMAIL
INFO@PLT4M.COM

WEBSITE
PLT4M.COM

TWITTER & INSTAGRAM
[@PLT4M](https://twitter.com/PLT4M)

FACEBOOK
[/PLT4M](https://facebook.com/PLT4M)