

Yoga Adventures with Leo the Lion

Learning objective: To understand the basic principles of yoga, including breathing, balance, and the importance of physical movement for wellbeing.

Read the information below carefully and answer the questions to test your yoga knowledge. Remember to sit tall like Leo the Lion!

Yoga is a wonderful way to keep our bodies healthy and our minds happy. It started a long time ago and involves moving our bodies into different shapes, which we call 'poses'. In yoga, we focus on deep, steady breathing to help us feel calm. When we practise yoga, we improve our flexibility and our balance. Whether you are doing the 'Tree Pose' or the 'Lion's Breath', it is important to listen to your body and never force a stretch. Yoga helps us feel strong, steady, and ready to learn!

Word bank: Breath · Balance · Posture · Flexibility · Mindfulness · Focus · Calm

1. What do we call the different shapes we make with our bodies in yoga? A) Dances, B) Poses*, C) Jumps, D) Sprints (1 mark)

2. True or False: In yoga, we should hold our breath until we finish a pose. (1 mark)

3. Which of these is a benefit of practising yoga? A) It makes you run faster, B) It helps you learn to fly, C) It improves balance and flexibility*, D) It teaches you how to cook. (1 mark)

4. When you are in a balance pose, what should you do if you wobble? A) Give up, B) Smile and try again*, C) Run away, D) Cry (1 mark)

5. What should you always do if a stretch feels painful or uncomfortable? A) Push harder, B) Stop and relax*, C) Keep going, D) Ignore it (1 mark)

6. What is the main goal of focusing on your breathing during yoga? (1 mark)

7. True or False: You need expensive equipment to practise basic yoga. (1 mark)

8. Which word describes the ability to bend your body without getting hurt? (Hint: See the word bank) (1 mark)

9. True or False: Yoga can help you feel calm and ready to learn. (1 mark)

10. If a yoga mat costs £10.00 and you have £15.00, how much change would you receive?
(1 mark)

Draw: Draw yourself and Leo the Lion performing your favourite yoga pose in a peaceful, sunny meadow.



Extension challenge: Leo the Lion wants to host a yoga class for his friends. If he charges £2.00 per person and 8 friends attend, how much money does he collect for the local animal sanctuary? Write down your maths calculation.