

Yoga Zen with Leo the Lion

Learning objective: To understand the physical and mental benefits of yoga, including flexibility, balance, and controlled breathing.

Read the questions carefully and use your knowledge of health and fitness to answer. Leo the Lion says: 'Focus on your breathing and stay calm!'

Answer Key: 1.C, 2.True, 3.False, 4.Exhale, 5.B, 6.Balance, 7.A, 8.True, 9.Core, 10.B

Word bank: Flexibility · Balance · Meditation · Stamina · Posture · Inhale · Exhale · Core

1. 1. Which of these is a primary goal of yoga? A) Running fast B) Lifting heavy weights C) Improving flexibility and strength D) Learning to swim* (1 mark)

2. 2. True or False: Yoga can help improve your focus and concentration. (1 mark)

3. 3. True or False: You must be able to touch your toes before you are allowed to try yoga. (1 mark)

4. 4. When you move into a challenging yoga pose, should you hold your breath or slowly _____? (1 mark)

5. 5. What is the name for the 'mountain' pose where you stand tall? A) The Tree B) Tadasana* C) The Lion D) The Dolphin (1 mark)

6. 6. Standing on one leg is a great way to practice your _____. (1 mark)

7. 7. How should you breathe during a yoga session? A) Deeply and steadily* B) Very quickly C) Only through your mouth D) Not at all (1 mark)

8. 8. True or False: Yoga is a great way to help your body relax after a busy day at school. (1 mark)

9. 9. Which part of your body is most important for keeping you steady in yoga poses? (Hint: It is in your tummy area) (1 mark)

10. 10. What should you always do before starting a yoga routine? A) Eat a large meal B) Warm up your muscles* C) Run a marathon D) Wear heavy boots (1 mark)

Draw: Draw Leo the Lion demonstrating a 'Tree Pose' (standing on one leg with his arms raised like branches).



Extension challenge: Research one other type of exercise that improves flexibility and write a short paragraph explaining why it is good for your heart health.