

Yoga Adventures with Leo the Lion

Learning objective: To understand the physical and mental benefits of yoga and to identify specific poses used for balance, flexibility, and mindfulness.

Leo the Lion is warming up for a group adventure and needs your help to organize his yoga routine! Use the word bank to label the correct benefits for each pose. Then, read the descriptions of the poses and match them to the correct sequence for a balanced session.

Word bank: Flexibility · Mindfulness · Balance · Strength · Co-ordination

1. 1. The 'Tree Pose' requires you to stand on one leg. Which skill from the word bank are you improving most when you hold this pose? (2 marks)

2. 2. When we sit quietly and focus on our breathing, we are practising 'mindfulness'. Why is this important for our mental wellbeing after a busy day at school? (2 marks)

3. 3. 'Downward Dog' stretches the backs of the legs. Which word from the bank describes the ability to bend and stretch your body without injury? (2 marks)

4. 4. If you have to move your arms and legs at the same time to perform a sequence, what physical skill are you developing? (2 marks)

5. 5. Leo says we should always finish with a 'Corpse Pose' (lying perfectly still). Why do you think it is important to rest your muscles after physical activity? (2 marks)

Draw: Draw Leo the Lion in a 'Warrior Pose'. Make sure his posture looks strong and steady, showing how he uses his muscles to hold the position.



Extension challenge: Create your own three-pose yoga sequence. Give each pose a name inspired by nature (like 'The Flowing River' or 'The Tall Oak') and write one sentence explaining which part of the body each pose helps to stretch or strengthen.