

**LESSON SCENARIO**

Subject	Physical Education
Topic	Yoga
Objective	Relaxing body and mind with yoga
Age group	9 years old
Time required	20 minutes
Methods	Individual work
Materials	CD player
Activities	<ol style="list-style-type: none"> <li>1. Warming up – imitating the sound of rain - 3 minutes</li> <li>2. Stretching- 15 minutes</li> <li>3. Meditating- 5 minutes</li> </ol>
Differentiation	Tasks according to learning styles
Assessment, evaluation	<ol style="list-style-type: none"> <li>1. Stretching</li> <li>2. Meditating</li> </ol>