

"Erasmus+" Programme's School Exchange Partnership project "Learning Differently!"

No. 2018-1-LT01-KA229-047007

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	
	1. Warming up – imitating the sound of rain - 3 minutes
	2. Stretching- 15 minutes
	3. Meditating- 5 minutes
Differentiation	Tasks according to learning styles
Assessment,	1. Stretching
evaluation	2. Meditating