

### Links to PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others
- They should be able to engage in co-operative physical activities, in a range of increasingly challenging situations
- Master basic movements including developing balance, agility and co-ordination, and begin to apply these in a range of activities

### Yoga overview

- Yoga is the name for a type of exercise that helps our mind and body
- In yoga we put our body in different positions and hold different poses
- It can help develop strength and flexibility both in our body and mind!
- 'Namaste' is a word often used in yoga to say hello/goodbye, which is often why we start and end a yoga session by saying "Namaste"

### Key vocabulary

- Pose
- Breathing
- Link/sequence
- Balance
- Kindness
- Friendship
- Teamwork
- Resilience
- Reflect

### Social and emotional development

#### Building confidence

Some yoga poses are more challenging, showing resilience & perseverance will help us build confidence in attempting poses

#### Focus & concentration

Yoga requires focus and concentration to hold our poses stable and remember our yoga flows

#### Developing reflective tools

Through our warm up and use the skill we have opportunity to reflect both on our lesson, and our life outside of PE

#### Teamwork

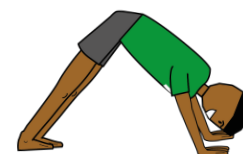
Through yoga we will explore individual and partner poses. With both it is important we support and encourage each other to build confidence

### Physical development: Pose examples

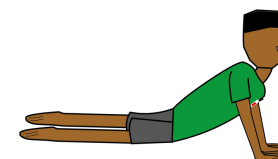
#### Tree



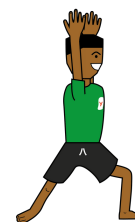
#### Down dog



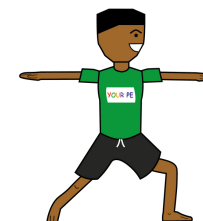
#### Cobra



#### Warrior 1



#### Warrior 2



#### Boat



### Key questions

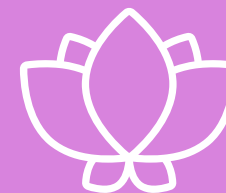
1. Can we name/show any yoga poses?
2. How can yoga help our physical and mental wellbeing?
3. What do we mean by 'Namaste'?

### By the end of the unit I should...

- Be able to display a range of yoga poses
- Develop our understanding of how yoga can effect our mental wellbeing as well as physical
- Have developed more confidence and resilience in completing more challenging poses and flows



# Learning Journey – Y1 Yoga



Whole child criteria: **Head** | **Hand** | **Heart**

## EYFS

- Pupils can show understanding of their task through answering and asking questions
- I can practice basic fundamental movement skills:
  - Running
  - Jumping
  - Hopping
  - Crawling
  - Balancing
- Pupils can demonstrate confident balancing
- Pupils can start to link different balances together
- Pupils can work cooperatively with others
- Pupils can show confidence, resilience and patience

## Year 1

- I can start to link different actions together to create basic sequences
- I can understand when I am successful and am willing to improve with guidance
- I can balance using different body parts
- I can start to apply different yoga poses into flows/active stories
- I can start to show confidence in PE when completing basic poses and flows
- I can work cooperatively with others
- I am starting to develop an understanding of self

## Year 2

- I can link different actions together to create flows/active stories
- I can understand when I am successful and am willing to improve with guidance
- I understand how breathing can help us calm in yoga
- I can balance using different body parts
- I can start to apply different yoga poses into flows/active stories
- I can display different breathing exercises
- I can work cooperatively with others
- I understand the meaning in our lessons, and can start to discuss/explore further
- I understand how yoga can play a part in a healthy, active lifestyle

## Other prior learning units (with similar transferrable skills)

- Fundamental movement skills
- Gymnastics
- Yoga
- Dance

## Progression of physical skills

### EYFS

- Pupils will start to explore simple poses and shapes
- Pupils will start to link different poses together to create a short sequence
- Pupils can demonstrate different travelling actions including crawling, jumping, hopping and skipping
- Pupils will start to apply their poses into games

### Year 1

- Pupils can display a range of basic yoga poses
- Pupils will start to link poses together through simple flows and active stories
- Pupils will start to explore basic partner poses

### Year 2

- Pupils can hold a range of yoga poses with increasing control
- Pupils can link poses together to create a flow with increasing control and balance
- Pupils can start to select poses to create their own flow

