

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

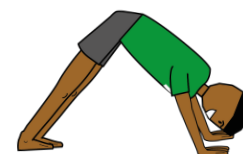
Through yoga we will explore individual and partner poses. With both it is important we support and encourage each other to build confidence

Physical development: Pose examples

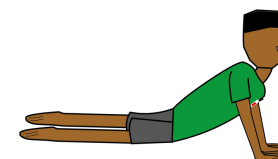
Tree



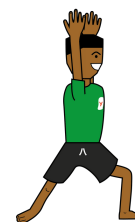
Down dog



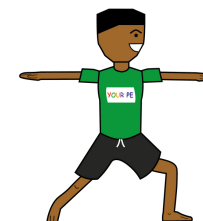
Cobra



Warrior 1



Warrior 2



Boat

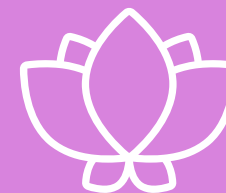


Key questions

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



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

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

Year 3

- I can explore the idea/feeling behind our poses
- I understand what good practice looks like and am willing to practice and refine my poses
- I understand how yoga can help us calm mentally and physically
- I can create a range of yoga poses with control and balance
- I can transition between different yoga poses with fluency and control
- I can work cooperatively with others
- I am starting to have a more developed understanding of the theme/meaning of our lessons
- 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

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

Year 3

- Pupils will start to perform more challenging yoga poses
- Pupils can apply their breathing into their poses
- Pupils will start to explore poses that challenge physical characteristics including strength and flexibility both individually and with a partner
- Pupils can select their own poses to create their own yoga flows

