

What should I already know?

- How to balance and co-ordinate when still and moving slowly.
- How to copy, remember and repeat actions.
- How to use different parts of the body in isolation and together.

Key Knowledge

- How to be able to move from one pose to another thinking about my breath.
- How to use clear shapes when performing poses.
- How to work with others to create simple flows showing some control.

Key Vocabulary and definitions

Focus	To concentrate on what you are doing.
Pose	To hold a position for a while.
Stretch	Lengthening or extending the body or part of it to full length.
Tense	To make the muscles in your body tight.
Mindful	Noticing how your body feels and what is going on in your mind.
Strength	To have or show great physical power.
Muscles	Parts of the body which can stretch to make other parts move.
Joints	The places in your body where bones meet e.g. elbow, knee, ankle
Flow	The smooth continuous movement of something.
Flexibility	To be able to bend easily.
Sequence	A pattern where one thing follows another.

This unit will also help you to develop other important skills.

Social respect, leadership, work safely, collaboration

Emotional confidence, perseverance, honesty, focus, identify feelings

Thinking create, select and apply, comprehension, decision making, reflection

About this Unit

Imagine a fun and relaxing activity that's like a magical adventure for your body and mind - that's yoga! Yoga is a special kind of exercise that makes your body strong, flexible, and happy. In yoga, you get to do different poses, kind of like pretending to be things from nature. Yoga also teaches you how to take deep, calm breaths. Breathing is like magic because it helps you feel relaxed and focused. And guess what? Yoga isn't just about moving your body and breathing. It's also about using your imagination and being mindful. Being mindful means paying close attention to how your body and mind feel in the present moment. It's like taking a little break from the busy world around you to be kind to yourself.

balance

look at something still

strength

squeeze your muscles

Yoga will help my body with:

flexibility

breathe out to stretch a little further

co-ordination

move slowly to move from one pose to another



Ladder Knowledge



Balance:

you can squeeze your muscles to help you to balance.

Flexibility:

flexibility helps you to stretch your muscles and increase the movement in our joints.

Strength:

strength helps you with everyday tasks such as carrying your school bag.