

NATIONAL CURRICULUM:

This unit links to the following strands of the NC: develop flexibility, strength, technique, control and balance.

PRIOR KNOWLEDGE:

Pupils learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve wellbeing by building strength, flexibility and balance. The learning includes breathing and meditation. Pupils will work independently and with others to create their own yoga flows

KEY VOCABULARY:

Flexibility
Salutation
Strength
Yoga
Flow
Balance
Control
Balance
Collaboration
Technique
Breath
Muscles
Pose
Fluidity
Concentration
Focus
Stability

PE – Autumn 2 Year 5, Yoga



Lesson Focus:

1. To develop flexibility through the sun salutation flow.
2. To develop strength through yoga flows.
3. To create your own flow showing quality in control, balance and technique.
4. To develop balance through yoga flows.
5. To work collaboratively to create a controlled paired yoga flow.
6. To create your own yoga flow that challenges technique, balance and control.

CONTEXT:

-Pupils learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve well being by building strength, flexibility and balance. The learning includes breathing and meditation taught through fun and engaging activities. Pupils will be given the opportunity to work collaboratively with others and be given the opportunity to create their own flows and lead others

STICKY KNOWLEDGE:

Move with control, in time with your breath.
Engage your muscles to help you to be stable.
Move into and through each pose slowly and fluidly
Use poses that challenge you
Move slowly and with control into the pose so that you are stable when balancing.
Focus and concentrate to help with your breathing.
Hold your yoga poses with strong lines and control
Engage your muscles to help you to be stable.
Keep your focus soft and your breath controlled.
Move as you breathe.

SKILLS:

Physical: balance, strength, flexibility, co-ordination
Social: respect, co-operate leadership, communication, share ideas, work safely
Emotional: focus, concentration, confidence, independence, determination
Thinking: identify, create, select and apply actions, observe and provide feedback