

PUPILS WILL BEGIN TO LEARN YOGA POSES AND TECHNIQUES THAT WILL HELP THEM TO CONNECT THEIR MINDS AND BODY. THIS UNIT BUILDS STRENGTH, FLEXIBILITY AND BALANCE AND WILL INCORPORATE BREATHING AND MEDITATION TAUGHT THROUGH FUN AND ENGAGING ACTIVITIES. PUPILS WILL WORK INDEPENDENTLY AND WITH OTHERS, SHARING IDEAS, CREATING THEIR OWN POSES AND FLOWS.



- develop controlled movement and flexibility
- show control when copying and repeating yoga poses
- develop strength and co-ordination
- understand the link between mind, body and breath
- copy and create poses in a flow



Language development:  
"Namaste", control,  
flexibility, balance,  
breath, pose, flow,  
exercise for mind, body  
and breath.



Tree pose

Mountain pose

Cobra pose

Warrior pose

Boat pose

Butterfly pose

Expectations

- I can remember and repeat actions
- I can link poses together
- I can say what I liked about someone else's flow
- I can show awareness of space when travelling
- I can use key words to provide feedback

