

Year 1 Yoga

## What have I learned before?

- Experimented with making different animal shapes with body, moving around like animals, balancing in different yoga shapes and making up some of their own

## Things I need to know:

- Yoga is a way to exercise our bodies, our breath, and our minds all at the same time. Yoga is a very ancient science that helps us to develop flexibility and strength in our bodies.

## Vocabulary

Yoga	A system of physical exercises that help people become more relaxed and balanced.
Strong	Using your muscles to keep your body in the yoga pose.
Muscles	Part of the body that controls movement, posture and balance.
Stretch	To extend limbs—arms and legs.
Pose	A way that you stand, sit or lie to take part in the activity.

## By the end of the topic we will be able to...

- Learn some basic yoga poses, know the importance of core strength in yoga and some relaxation techniques.

## Key Questions

What is your favourite pose?

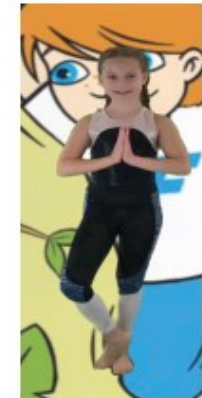
How did you relax?

How can you show good control and flexibility when performing Yoga poses?

## Key Skills

You will learn basic yoga poses which will improve—

- Flexibility
- Coordination
- Balance



- Core Strength



- Control



Year 2 Yoga

## What have I learned before?

- Learned how to perform basic Yoga poses. Began to learn about having a strong tummy (core strength). Learned some relaxation time techniques. Made up their own Yoga story (using the poses).

## Things I need to know:

- What is Yoga?  
Yoga's origins can be traced to northern India over 5,000 years ago. Yoga is a way to exercise our bodies, our breath, and our minds all at the same time.

## Vocabulary

Breathe	Breathe in through the nose and out through the mouth with control to relax.
Strong	To have good physical
Control	To be able to manage emotions, behaviour and movement.
Relax	To become less stressed and allow the body to

## By the end of the topic we will be able to...

- Know the basic yoga poses, recap the importance of core strength. Learn relaxation techniques and make up a yoga story to teach to another group.

## Key Questions

What was your favourite part of Yoga?

How many yoga poses can you remember?

What have you included in your yoga story?

## Key Skills

Yoga makes you feel calm and relaxed which is good for mind and body.

Learning extended yoga poses will improve our—

- Flexibility
- Core Strength
- Coordination



- Balance



- Control



Year 3 Yoga**What have I learned before?**

- Learned the basic Yoga poses. Recapped about having a strong tummy (core strength). Learned some relaxation time techniques. Made up their own Yoga story (using the poses) and taught them to another group.

**Things I need to know:**

- -It feels good to have a strong, exible body that can do all the things you enjoy — like running, jumping, and playing with your friends.
- Relaxation— Is a state your body can learn where it is soft and loose and your mind is free from stress. When we are relaxed, we can easily replace negative thoughts with positive ones

**Vocabulary**

<b>Core strength</b>	To have strong stomach muscles and keeps your body in position even when limbs are moving.
<b>Concentrate</b>	To focus your effort and attention on a goal.
<b>Challenge</b>	An interesting/exciting task or problem.
<b>Focus</b>	To do a task with full attention and to keep it throughout.
<b>Relaxation</b>	A way to make your body calm even when there are lots of things going on.

**By the end of the topic we will be able to...**

learn new yoga poses and extend these poses to make them harder. Use memory to remember the poses for the yoga facts. Make up own Yoga facts routine.

## Key Questions

What can you do to help you relax?

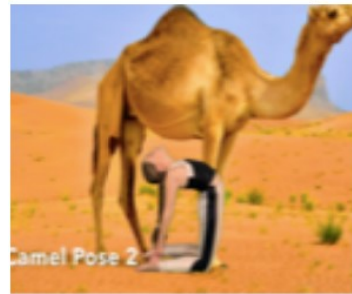
What is your favourite pose?

How can you increase your flexibility?

## Key Skills

Extended yoga poses—

- Flexibility



- Strength



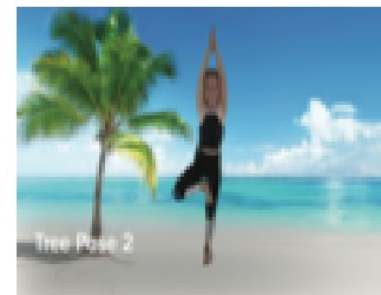
- Power



- Balance



- Core Strength



- Control



# Yoga

## Pose 1: Lotus Pose (1 & 2)

1. Sit crossed legged, close eyes and breathe in and out of nose
2. Lotus pose 2 each foot brought up onto the thigh -rest hands on knees



## Pose 2: Moon Pose

1. Stretch up tall
2. Lean to the left side
3. Make a half moon
4. Repeat again on the right side



## Pose 3: Sun Pose

1. Stretch your arms up and round in a big circle



## Pose 4: Elephant Pose

1. Hands together
2. Lean forward
3. Move the trunk (arms) side to side 4 times



## Pose 5: Giraffe

1. Stand tall, turn to the side
2. Step one leg out
3. Reach up eat the leaves
4. Stretch down and drink the water
5. Repeat on the other side



## Pose 6: Warrior Pose

1. Stand feet apart
2. Arms out to the side
3. Stand strong, look down your arm
4. Strong like a warrior



## Pose 7: Tree 1,2 and Swaying tree

1. Both palms together
2. Rest foot by ankle
3. Move your hands upwards
4. Stand tall as a tree
5. Bring your hands back down
6. **Super Challenge** -Swaying tree pose



## Pose 8: Dog pose

1. Place hands and knees on the floor
2. Push your feet into the ground
3. Push bottom upwards
4. This will make a curved shape with the body



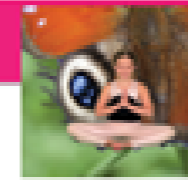
## Rest pose

1. Lie down
2. Get comfortable
3. Breathe in slowly through your nose
4. Then breathe out through your nose
5. Continue this slow breathing



## New: Butterfly Pose

1. Sit with the soles of your feet together
2. Gently bounce your thighs up and down
3. Hold your core tummy muscles strong
4. Keep palms together



## Pose 9: Mountain pose

1. Place feet slightly apart
  2. Hands out to the side
  3. Chin towards chest
  4. Stand strong
- Challenge: on tip toes



## NEW: Cow pose

1. On all fours
2. Push tummy towards the floor
3. Look up



## NEW : Scorpion Pose

1. Hands and knees on the floor
2. Push your feet into the ground
3. Push bottom upwards
4. Make a upside down V shape
5. Then lift your leg up and bend at the knee and point toe



## NEW : Cat pose

1. On all fours
2. Arch back
3. Look at your tummy



## Pose 10: Bird Pose

1. Place one hand on the shoulder
2. Repeat with the other hand
3. Elbows are like a birds beak



## Pose 11: Gorilla pose

1. Jump up
2. Squat down
3. Pretend to touch the floor with fists (one then the other) then repeat



## Pose 12: Star pose

1. Stretch up tall
2. Reach up to the sky
3. Twinkle your fingers
4. Keep your tummy strong (your core)



## NEW: Cat Cow

1. On all fours
2. Arch back (cat pose)
3. Look at your tummy
4. Now move tummy down towards the floor and look up (cow pose)

