

# Mindfulness

## PE skills for this unit

### Age Related Expectations:

Pupils learn about mindfulness and body awareness.

They begin to learn poses and techniques that will help them to connect their mind and body.

The unit builds strength, flexibility and balance. Pupils will work independently and with others, sharing ideas and creating their own poses in response to a theme.

### Knowledge for this unit

- To know what mindfulness is.
- To know how to balance for a developing length of time.
- To know how to create a pose about a theme

### Previous learning:

Pupils learn about mindfulness and awareness.

They begin to learn poses and techniques that will help them connect their mind and body.

The unit looks to improve wellbeing by building strength, flexibility and balance.

The learning includes postures, breathing and meditation taught through fun and engaging activities

### Vocabulary

Mindfulness

Balance

Body awareness