

Yoga

PE skills for this unit

Age Related Expectations:

Breath Control:

To learn to control the length and pace of their breaths.

To begin to use "balloon breaths" by inflating and deflating imaginary balloons with their breath.

Expanded Poses:

Downward Dog

Warrior Pose

Tree Pose

Mindfulness:

Longer guided visualisations.

To understand basic meditation techniques with a focus on breath awareness.

Knowledge for this unit

To know that breath control means being able to make your breaths longer or shorter and slower or faster. And consider how different breathing makes you feel.

To know how to perform Downward Dog, Warrior Pose and the Tree Pose

To know how to link poses together

To know how basic meditation techniques can be done at anytime to help us feel calm and focused by thinking about breathing.

Previous learning:

Breath Awareness:

To learn how to deep belly breathe. To understand how to use deep, slow breaths.

Basic Poses:

Child's Pose

Butterfly Pose

Cat-Cow Pose

Mindfulness:

Introduce brief guided visualisations (e.g., imagining they are a tree, flower, or animal).

Vocabulary

- Mindfulness
- Visualisations
- Breath awareness