



Burton Road Primary School

P.E - Yoga



Objectives:

Year 3:

I can copy and link yoga poses together to create a short flow.

I can describe how yoga makes me feel.

I can move from one pose to another in time with my breath.

I can provide feedback using key words.

I can work with others to create a flow including a number of poses.

I show some stability when holding my yoga poses

Year 4:

I can describe how yoga makes me feel and can talk about the benefits of yoga.

I can link poses together to create a yoga flow.

I can provide feedback using key terminology and understand what I need to do to improve.

I can transition from pose to pose in time with my breath.

I can work collaboratively and effectively with others.

I demonstrate yoga poses which show clear shapes.

I show increasing control and balance when moving from one pose to another.

***Objectives which had been added, or additional teaching points to support the plans provided.**

Phase: LKS2


Term: Spring 2

Key Vocabulary

| Knowledge | Skills |
|--------------------------------------|-----------------------|
| Meditation Fluidly mindfulness | stability fluidity |

Key Skills - Whole Child

- Physical: breathing, balance, flexibility, strength, coordination
- Social: working safely, sharing ideas, leadership
- Emotional: calmness, focus, confidence
- Thinking: selecting actions, creating poses and flows, providing feedback

| Knowledge Acquisition What do you want the children to know? | Enhancement of knowledge <i>See Lesson Plan for Yoga unit</i>  Make links to the key themes and ensure a deeper understanding of the knowledge | Disciplinary Knowledge What key questions will you ask the children to give them opportunity to apply their knowledge to skills? Explain, Summarise, Reason, Reflect, Challenge, Evaluate, Think Critically |
|--|--|--|
| Lesson 1: Net the Knowledge – Cold task | Reconnect – previous learning: What can children recall and demonstrate what is meant by good posture? (how we hold our bodies, straight back, shoulders relaxed, head up) What do children understand about Yoga? What is it? Share images for children to match/discuss – link to activities in lockdown. | |
| Lesson 1 Learning Goal: 1. <u>To begin to understand what yoga is</u> 2. <u>To explore connecting breath and movement</u> To know To know how to breath in and out slowly To know to breathe on the movement (as I move) To know seven yoga poses – mountain pose, downward dog and cobra, warrior, tree, chair and forward fold. To know how to balance effectively – So I can: Connect the movements and breath together in a sequence | https://www.youtube.com/watch?v=VMcR3gDOYoU To understand yoga helps to bring your body mind in harmony. It develops: Balance: Flexibility: Strength: Mindfulness – feeling calm and focused. To understand athletes from other sports use yoga to develop these skills. https://yogamoo.com/15-pro-athletes-swear-yoga/ To know balloon breath (slow in and out) To know how to moving with breath Teaching point – to understand that breathing slowly helps your stability , the flow between movements and your focus . See lesson plan for teaching points on Yoga poses. Teaching point – what can help us to balance and be stable? Points of contact, eye level, head straight, arms out stretched. Teaching points for specific body parts to demonstrate clear shapes e.g. extension of hands, where to bend legs. | Summarise why athletes take part in yoga. Explain how breathing helped your movement. Reflect upon if practising yoga has helped the children feel any differently from the start to the end of the yoga lesson. |
| Lesson 2 Learning Goal: To explore new yoga poses and begin to connect them. | Reconnect: Show what you know: poses from previous lesson - mountain pose, downward dog and cobra Demonstrate: Balloon breath (assess) | Explain how breathing helps to connect movements Demonstrate a simple flow of movements |

| | | |
|---|--|---|
| <p><u>To know:</u> To know to move in time with your breath.</p> <p><u>So I can:</u> move through each pose fluidly</p> | <p>To understand <i>controlled breathing is calming and allows control of emotions - this is good for all activities in sport or everyday life</i></p> <p>To know 'I am' yoga sequence that they learnt last lesson. Q: What did we learn about our breathing last lesson? Before each pose say all together 'I am...'</p> <p>Teaching point: For each balance feel the floor with all points of contact, e.g. really use the whole of foot or hand to help to balance.</p> <p>Model new movements. Children complete the sequence at different speeds in line with their breath.</p> | |
| <p><u>Lesson 3</u> <u>Learning Goal:</u> To explore gratitude when remembering and repeating a yoga flow</p> <p><u>To Know:</u> The movements for a gratitude flow I know how to move between poses</p> <p><u>So I can:</u> Move in time with my breath. Use controlled movements to move from one pose to another to complete a flow</p> | <p><u>Reconnect:</u> demonstrate how to move between given movements from the previous lesson sequence. Assess use of speed, breath and fluidity.</p> <p>Children understand what meditation is. Intro concept and picture match models of meditation – focus the mind on a thought object or activity to make you focused, clear and calm.</p> <p>Ch understand Yoga as a practise of the mind and emotions, not only the body (Lesson 1) Q: How can Yoga change our feelings?</p> <p>Teaching point – 'Thank you' warm up: crab position Will need adaption for some pupils, e.g. all fours, stomach to the floor, not ceiling.</p> <p>Ch understand the movements and sequence of the gratitude flow – see lesson plan</p> | <p>Reflect upon things that they are grateful for.</p> <p>Evaluate how the practise of a gratitude flow can impact/change their feelings.</p> |

| | | |
|--|---|--|
| <p>Lesson 4 Learning Goal: To develop flexibility and strength in a positive summer flow.</p> <p>To know: The poses in a summer flow.</p> <p>So I can: perform a flow and move slowly and with control into a pose. <i>Be stable when balancing.</i></p> | <p>Reconnect: Guess the pose: One pupil forms the pose from the name (downward dog, tree, cobra) and one pupil names it. Pictures of poses to support.</p> <p>Ch understand the poses and the technique: Summer Splash Breath Around the world Rock and roll – down dog, tree pose, cobra</p> <p>Ch understand the breathing technique – slow speed, breathe on the movement.</p> <p><i>S.T.E.P – reduce movements, use partner children as a support for balance between poses or wall support, progress – rock with hands on shoulders, not behind knees</i></p> <p>Ch apply learning from prev. unit of gymnastics – backwards roll.</p> <p>Ch understand the summer flow Ch understand the summer flow</p> <p>Ch understand how to improve strength (by holding each pose whilst breathing with control) and flexibility (by stretching a little further when you breathe out) within poses.</p> <p><i>Extn: Ch create own flow to reflect a different season or emotion</i></p> | <p>Reflect upon how they felt after the yoga sequence</p> <p>Evaluate their progress in strength and flexibility.</p> |
| <p>Lesson 5 Learning Goal: To develop flexibility in an individual yoga flow.</p> <p>To know: The poses in flow</p> <p>So I can: develop flexibility, strength and balance</p> | <p>Reconnect: <i>Model a pose with incorrect technique. Challenge pupils to give balanced feedback, e.g. one WWW (what worked well) and one EBI (even better if). Discuss the impact of being told too many corrections and being told one positive.</i></p> <p>Ch understand they need to keep their focus on something stationary. Move slowly and with control into the pose so they are stable when balancing</p> | <p>Reflect upon how yoga is good for their mental and physical well-being.</p> <p><i>Challenge the children to try and use one of the techniques outside of PE - at home or school</i></p> |

| | | |
|---|--|--|
| | <p>Ch understand the technique of 'whale breath' and 'Lion Breath' and how it can be used to calm them in other situations.</p> <p>Ch understand the 'Letting Go' flow and its benefits mentally as well as physically.</p> | |
| <p>Lesson 6</p> <p>Learning Goal: To develop confidence and strength in arm balances.</p> <p>To know: The correct technique for an arm balance How to adapt an arm balance</p> <p>So I can: perform with balance and confidence a pose of my choice</p> | <p>Reconnect: Ask the children to reflect (and share if they are comfortable) on a time they have used one of the yoga techniques outside of PE.</p> <p>Ch understand to move with control from one pose to the next and to use breath to help with control.</p> <p>Ch understand that some movements will be challenging and they may need to adapt and be resilient.</p> <p>Ch understand the muscles they are working Abdominals, arms (triceps, biceps), shoulders (deltoids), legs (quadriceps)</p> <p>Ch understand the arm poses and techniques to progress/regress.</p> <p>Ch understand how to create their own flow from the movements learnt.</p> <p>Ch understand how to teach their own pose to other children effectively and how to adapt movements (progress and regress) so it performed effectively by the group.</p> | <p>Create their own yoga flow and adapt it so it can be performed effectively by their group</p> <p>Evaluate how effectively they have taught their own flow</p> <p>Reflect upon the benefits of yoga and how they can continue to use the techniques outside of PE.</p> |