

PHYSICAL ME

- CORE STRENGTH
- FLEXIBILITY
- AGILITY
- BALANCE
- COORDINATION
- CONTROL
- BODY TENSION

SOCIAL ME

- LISTENING AND BEING CALM AND RELAXED
- SHOWING RESPECT DURING POSES AND RELAXATION
- MINI COACH
- TEAM WORK
- DEMONSTRATING/TEACHING TO THE CLASS/
SMALLGROUPS
- GIVING USEFUL AND SUPPORTIVE FEEDBACK TO A
PARTNER TO IMPROVE POSES

THINKING ME

- SELECT AND APPLY CORRECT POSES
- CHALLENGE MYSELF
- IMPROVING ON LEARNT SKILLS TO IMPROVE
TECHNIQUES
- FOLLOWING INSTRUCTIONS
- LEARNING HOW DIFFERENT PARTS OF THE BODY
MOVE AND MAINTAIN CONTROL

HEALTHY ME

- WARMING UP
- KNOW THAT EXERCISE KEEPS YOUR HEART HEALTHY
- WARM DOWN
- STAY HYDRATED
- RELAXATION

Yoga Knowledge Organiser - Year 1

Prior Learning: In Early Years, children experimented with making different animal shapes with their body, moving around like animals, balancing in different yoga shapes and making up some of their own

Key Skills

Physical Me

- Learn basic yoga poses which improve:

- Flexibility
- Core Strength
- Coordination



- Balance



- Control



Thinking Me

- To improve my performance
- Challenge myself

Healthy Me:

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

SMSC

Value Me:

- **Determination**- try, try, try again!
- **Self belief** -Believing you can do the poses!

Social & Emotional Me

- Listening and being calm and relaxed
- Mini Coach

What is Yoga:

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.

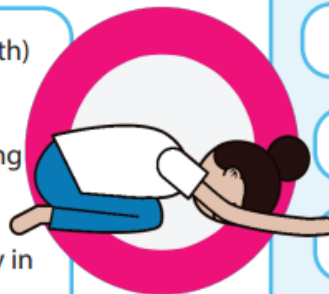
Key Knowledge

Yoga poses - Keep tummy strong (core strength)

Breathing- Helps us slow down and relax

Balance- Try and keep control when performing a yoga pose

Strong- Using your muscles to keep your body in your yoga pose



Key Vocabulary

Yoga

Story Pose

Strong

Stretch

Muscles

Pose

PE YOGA

Y1