

Yoga Knowledge Organiser - Year 2

Prior Learning: In year 1 children learned how to perform basic Yoga poses. They began to learn about having a strong tummy (core strength). They learned some relaxation time techniques. They also made up their own Yoga story (using the poses).

Key Skills

Physical Me

- Learn yoga poses: Encourage children to try the extended yoga poses

- Flexibility
- Core Strength
- Coordination



- Balance



- Control



Thinking Me

- To improve my performance
- Creating my own yoga story
- Challenge myself

Healthy Me:

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

SMSC

Value Me:

- **Courage** - trying something new
- **Confidence** - be confident have a go at the harder poses

Social & Emotional Me

- Listening and being calm and relaxed
- Mini Coach
- Demonstrating to a small group

What is Yoga:

Yoga's origins can be traced to northern India over 5,000 years ago.

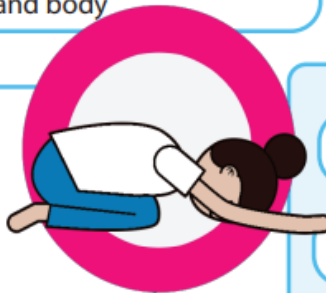
Yoga is a way to exercise our bodies, our breath, and our minds all at the same time.

Key Knowledge

Core strength- Tense tummy to help keep you strong

Breathing- Breathe in through their nose take a deep breath all the way into your tummy

Relaxation time- Close your eyes, relax body and listen.



Key Vocabulary

Pose

Yoga

Breathe

Strong

Control

Relax

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

PE YOGA

Year 2