



## YEAR 3/4

# Yoga

## Scheme of Work

### Introduction

Pupils learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve well being by building strength, flexibility and balance. The learning includes breathing and meditation taught through fun and engaging activities.

This scheme lends itself to developing the following personal & social whole child objectives:

Pupils will be given the opportunity to work COLLABORATIVELY with others, develop CONFIDENCE & COMPETENCE when performing techniques. They will demonstrate CONTROL in their behaviour to create a safe environment for themselves and others to work in.

### Key Skills

- Meditation
- Relaxation
- Flexibility
- Strength
- Balance
- Co ordination

## Learning Objective

<b>LESSON 1</b>	To develop an understanding of yoga. To develop flexibility in the sun salutation flow.
<b>LESSON 2</b>	To develop flexibility through yoga.
<b>LESSON 3</b>	To develop strength in yoga poses.
<b>LESSON 4</b>	To work collaboratively and create a paired yoga flow.
<b>LESSON 5</b>	To develop strength in arm balances.
<b>LESSON 6</b>	To improve flexibility and technique in an animal inspired flow.
<b>LESSON 7</b>	To develop flexibility and strength in a Summer flow.
<b>LESSON 8</b>	To develop balance through yoga flows.

## Assessment Criteria

### YEAR 3

- I can move with control.
- I show balance when in my yoga poses.

- I can link yoga poses together.
- I show strength when holding my yoga poses.

#### **YEAR 4**

- I show control when moving into yoga poses.
- I demonstrate yoga poses with good balance.
- I can smoothly link yoga poses together.
- I can work collaboratively with others.

## **Links to the National Curriculum**

### **LITERACY**

- Learning vocabulary - Meditation, mindfulness, wellbeing.
- Communicating ideas, thoughts and feelings.
- Communicating with others.

## **Health and Safety**

Pupils must remove shoes and socks.

Remind pupils that they can stop and rest at any time and not to do anything that doesn't feel comfortable.