

YEAR 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 wellbeing by building strength, flexibility and balance. The learning includes breathing and meditation. Pupils will work independently and with others to create their own yoga flows.

This unit links to the following strands of the NC: develop flexibility, strength, technique, control and balance.

Key Skills

- Physical: balance, flexibility, strength, co-ordination
- Social: working safely, supporting others, sharing ideas, collaboration, respect
- Emotional: confidence, determination, integrity, focus
- Thinking: recall, creativity, selecting actions, providing feedback, reflection

Learning Objective

LESSON 1	To explore connecting breath and movement.
LESSON 2	To explore new yoga poses and begin to connect them.
LESSON 3	To explore gratitude when remembering and repeating a yoga flow.
LESSON 4	To develop flexibility and strength in a positive summer flow.
LESSON 5	To develop flexibility and wellbeing in an individual yoga flow.
LESSON 6	To develop confidence and strength through arm balances.

Assessment Criteria

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.

Links to the National Curriculum

ENGLISH

- Learning of key vocabulary: see 'Knowledge Organiser' and 'Vocabulary Pyramid'
- Communication skills
- Listening to and following instructions

MATHS

- Counting

Healthy Participation

Use a safe, level surface using clean mats and bare feet to avoid slipping.

Teach pupils to listen to their bodies, be mindful not to over extend and stop if a pose is uncomfortable. Pupils should stretch slowly and breathe deeply, never force a pose.

This unit will develop balance, co-ordination, flexibility, strength.

If pupils enjoy this activity, signpost them to local opportunities.

Encourage pupils to find home learning relevant to this unit on the Knowledge Organiser.
