

# SCHEME OF WORK

## YOGA – KS1



### Learning intentions:

Lesson 1	How can you learn some basic Yoga poses?
Lesson 2	How can you learn some new relaxation techniques?
Lesson 3	How can you challenge yourself in Yoga?
Lesson 4	How can you perform the yoga poses with flexibility and control?
Lesson 5	How can you learn some basic Yoga poses and how to relax?
Lesson 6 & 7	How can you make up your own Yoga Story using the poses that you have learned?

### Success Criteria:

#### Year 1

- Can perform the yoga poses, trying to keep their tummy strong (core strength)
- Can lie down, close their eyes and begin to focus on their breathing when relaxing
- Can challenge themselves to try some of the harder yoga poses
- Can perform the yoga poses and perform with control
- Can relax and perform the yoga poses
- Can work with a partner and use most of the poses to make up a story

#### Year 2

- Can perform the yoga poses, have a strong tummy to help them keep their body in position
- Can lie down, relax and focus on their breathing, taking deep breaths
- Can challenge themselves to try all the harder yoga poses
- Can perform the yoga poses with flexibility and control
- Can relax their whole body and perform the yoga poses with some confidence
- Can remember all the yoga poses and include them in their story

# 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

## Key Skills

### End of Key Stage Attainments:

#### Year 1

- Has begun to master basic movements such as jumping
- Has begun to demonstrate agility, balance, co-ordination
- Has begun to perform dances using simple movement patterns
- Has begun to co-operate in physical activities

#### Year 2

- Can master basic movements such as jumping and begin to apply these in a range of activities
- Can demonstrate agility, balance, co-ordination
- Can perform dances using simple movement patterns
- Can co-operate in physical activities

### Links to National Curriculum:

Literacy	<ul style="list-style-type: none"><li>• Listening to the story and following instructions</li><li>• Relating and bringing the story to life in dance &amp; movement</li><li>• Imagination – being in the jungle</li><li>• Making up a story and incorporating yoga poses</li></ul>
Geography	<ul style="list-style-type: none"><li>• Understanding what the Jungle environment is like – Trees, Sunrise, animals that live there – thinking of the details of how these elements, look, move, behave</li></ul>
Drama	<ul style="list-style-type: none"><li>• Taking on a pose and pretending to be an object, animal in the jungle</li><li>• Performing a made-up story and poses</li></ul>
PSHE	<ul style="list-style-type: none"><li>• Patience / Calmness / Respect</li><li>• Communication and feedback to help peers improve their techniques and poses</li><li>• Perseverance, to improve on skills and improve techniques</li><li>• Leadership – supporting their peers and showing good communication skills</li><li>• Confidence – to share ideas, stories and poses</li><li>• Feedback – giving kind, positive, constructive, useful feedback to peers, accepting compliments and praise with grace along with constructive feedback for improvements and progression</li></ul>

### Health & Safety

- It is advised that all equipment is appropriately cleaned in line with current government guidelines before and after each lesson
- Children to stay hydrated
- Warm up and down before and after the lesson
- Bare feet (preferably)