

Yoga Fun Facts – KS2

Learning Intention:

Lesson 1	How can you learn some new Yoga poses?
Lesson 2	How can you breathe in and out of your nose when performing yoga?
Lesson 3	How can you increase your flexibility through Yoga?
Lesson 4	How can you increase your balance through Yoga?
Lesson 5 & 6	How can you make up a Yoga routine using some of your own Fun facts?

Success Criteria:

Year 3

- Can perform the Yoga poses, have a strong tummy to help me keep their body in position
- Can attempt the challenge pose - swaying tree
- Can lie down in rest pose and relax breathing in and out through their nose
- Can attempt to keep their legs straight in giraffe pose - showing some flexibility in their legs
- Can show good flexibility when performing the Yoga poses
- Can collaborate and create a routine with a partner using the Fun Facts

Year 4

- Can attempt the challenge pose - swaying tree
- Can remember the Yoga poses when listening to the yoga facts
- Can move into and out of different poses and breathe in and out through their nose
- Can show good flexibility when performing the Yoga poses
- Can show good balance in all poses
- Can teach another pair their routine using their Fun Facts

Key Skills:

<p>Physical me</p> <ul style="list-style-type: none"> • Using core Strength • Agility • Balance • Coordination • Flexibility • Technique • Control 	<p>Social Me</p> <ul style="list-style-type: none"> • Listening and being calm and relaxed • Showing respect during poses and relaxation • Mini Coach • Team work • Demonstrating / teaching to the class / small groups • Giving useful and supportive feedback to a partner to improve poses 	<p>Thinking me</p> <ul style="list-style-type: none"> • 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 	<p>Healthy me</p> <ul style="list-style-type: none"> • Warming up • Know that exercise keeps your heart healthy • Warm down • Stay hydrated • Relaxation • Breathing correctly when completing the yoga poses
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End of Key Stage Attainments:

Year 3

Can begin to use skills in different ways and to link them to make actions and sequences of movement
Has begun to develop flexibility, control and balance
Is beginning to communicate with others during physical activities
Is beginning to compare their performances with previous ones
Can begin to recognise their own success

Year 4

Can use skills in different ways and to link them to make actions and sequences of movement
Has developed flexibility control and balance
Can communicate with others during physical activities
Can compare their performances with previous ones
Can recognise their own success

Links to National Curriculum:

Literacy	<ul style="list-style-type: none">• Listening and following instructions• Researching fun facts and writing down favourites (library, books, computer)
Numeracy	<ul style="list-style-type: none">• Timing 30s & counting how many poses within the time / how long can they hold a pose (timings)
Geography/Science	<ul style="list-style-type: none">• Learning fun facts about animals, landmarks, planets etc
ICT	<ul style="list-style-type: none">• Researching fun facts online• Recording / Filming Yoga poses and fun facts
PSHE	<ul style="list-style-type: none">• Patience / Calmness / Respect• Communication and feedback to help peers improve their techniques and poses• Perseverance, to improve on skills and improve techniques and personal bests• Challenging themselves to improve• Leadership – supporting their peers and showing good communication skills• Confidence – to share ideas, fun facts and poses• Feedback – giving kind, positive, constructive, useful feedback to peers, accepting compliments and praise with grace along with constructive feedback for improvements and progression

Health and 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)