

SCHEME OF WORK

YOGA TIME – KS2 (Yr 5/6)



Learning intentions:

Lesson 1	Can you remember and perform a variety of yoga poses?
Lesson 2	How can you perform the sun salutation?
Lesson 3	Can you perform the extended versions of the yoga poses?
Lesson 4	How can you use your strength to hold your yoga poses?
Lesson 5&6	How can you create your own yoga routine?

Success Criteria:

Year 5

- Can remember and perform up to six of the yoga poses
- Can remember and then perform the sun salutation
- Can perform the extended versions of the cat pose
- Can perform boat pose and lotus pose with some strength
- Can collaborate in a group to create a yoga routine of up to seven poses

Year 6

- Can remember or perform seven or more of the yoga poses
- Can remember, perform and link the sun salutation to another yoga pose
- Can perform the extended versions for all the poses and create their own
- Can perform boat pose and lotus pose with some strength
- Can complete all poses displaying good strength and technique. Creating their own pose and teaching it to a group
- Can collaborate in a group and create a sequence of moves to make a routine that links together (like Sun Salutation)

Key Skills:

PHYSICAL ME

- USING CORE STRENGTH
- AGILITY
- BALANCE
- FLUENCY
- CONTROL
- COORDINATION
- FLEXIBILITY
- TECHNIQUE

SOCIAL ME

- 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

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
- BREATHING WHEN PERFORMING YOGA POSES

End of Key Stage Attainments:

Year 5

Can begin to use a range of skills in different ways and to link them to make actions and sequences of movement

Has begun to develop flexibility, strength, technique, control and balance

Can show some communication and collaborate with others in a variety of activities

Attempts to compare their performances with previous ones and demonstrate improvement to achieve their personal best

Attempts to evaluate performance and can recognise their own success

Year 6

Can use a range of skills in different ways and to link them to make actions and sequences of movement

Has developed flexibility, strength, technique, control and balance

Can communicate and collaborate with others in a variety of activities

Can compare their performances with previous ones and demonstrate improvement to achieve their personal best

Can evaluate performance and recognise their own success

Links to National Curriculum:

Literacy	<ul style="list-style-type: none">• Listening and following instructions• Naming new poses created
Numeracy	<ul style="list-style-type: none">• Timing how long poses can be held for
ICT	<ul style="list-style-type: none">• Recording / filming performances
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• Healthy competition within groups• Leadership – supporting their peers and showing good communication skills• Confidence – to share ideas 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 & 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
- Barefoot (preferably)