

Yoga Knowledge Organiser - Year 5

Prior Learning: In year 4, children continued to learn new yoga poses and were encouraged to extend these poses to make them harder. They used their memory to remember the poses for the yoga facts. Children made up their own Yoga facts routine

Key Skills

Physical Me

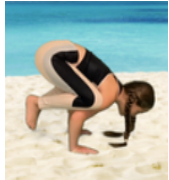
- Flexibility
- Core Strength



- Power



- Balance
- Strength



- Control



Thinking Me

- Begin to evaluate my performance
- Remember poses

Value Me:

- Achievement
- Kindness

Social & Emotional Me

- Communicating with others
- Collaborating
- Demonstrating to a small group

Healthy Me:

- It feels good to have a strong, flexible body that can do all the things you enjoy — like running, jumping, and playing with your friends.

Key Vocabulary

Sun Salutation

Fluency

Feedback

Sequence

Extended

Create

Strength

Key Knowledge

Fluency - Allowing your yoga moves flow with control and ease when you link them together

Sequence - Sequencing is the way in which yoga poses are placed in a particular order to create a yoga practice

Strength - How long your muscles can work for and hold a position

