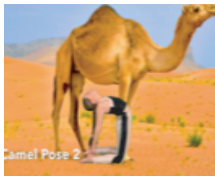


**Prior Learning:** In year 3 children learned new yoga poses and were encouraged to extend these poses to make them harder. They used their memory to remember the poses for the yoga facts. Children made up their own Yoga facts routine

## Key Skills

### Physical Me

- Flexibility
- Core Strength



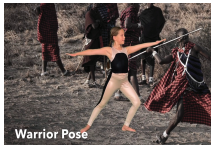
- Power



- Balance



- Strength



- Control



### Thinking Me

- Begin to evaluate my performance
- Remember poses

### Value Me:

- Perseverance

### Social & Emotional Me

- Communicating with others
- Mini Coach
- 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 Knowledge

**Flexibility-** Being flexible means you can stretch your body easily.

**Tense-** During a yoga exercise you may be focusing on one muscle at a time, squeezing it to help keep your body in position.

# YOGA



## Key Vocabulary

Challenge

Perform

Tense

Balance

Flexibility

Control

Position