



## Links to the PE National Curriculum

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

- Pupils should be taught to develop flexibility, strength, technique, control and balance.

### Key Skills: Physical

- Balance
- Strength
- Flexibility
- Coordination



### Key Skills: S.E.T

- Social: Leadership
- Social: Sharing ideas
- Social: Working safely
- Emotional: Confidence
- Emotional: Working independently
- Thinking: Creating
- Thinking: Selecting and applying actions
- Thinking: Observing and providing feedback

## Top Tips for Teachers

- Repetition helps to reinforce learning. Repeat poses to allow the children to build on their yoga practise.
- Children will find it hard to concentrate for long periods of time. Mix up your teaching and know that children will be able to remain focused for different lengths of time and that that is ok.
- Keep safety in mind and ensure children work at a level they feel comfortable with.
- Use the word "try" so that the children learn to appreciate the process rather than the result.

### Key Vocabulary:

- |                   |              |            |
|-------------------|--------------|------------|
| • quality         | • notice     | • calm     |
| • develop         | • high lunge | • fluidity |
| • salutation      | • transition | • practice |
| • collaboratively | • connected  | • aware    |

## Teacher Glossary

**Mindfulness:** The process of purposely bringing one's attention to experiences occurring in the present moment.

**Asana:** Refers to physical poses and postures.

**Pranayama:** Refers to breathing techniques. Prana is our life force, our breath.

**Namaste:** In yoga this means 'the divine in me acknowledges the divine in you' and is a respectful way to start or end a class.