

Medium Term Plan: Supporting Implementation of

Subject: Year 2 Summer 2 – Yoga:

In this unit, pupils will learn about mindfulness and body awareness. They begin to learn poses and techniques that will help them to connect their mind and body. The unit looks to improve well being by building strength, flexibility, co-ordination and balance. The learning includes breathing and meditation through fun and engaging activities. Pupils work independently, with a partner and small group.

N/C links:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.

Key skills:

- Physical: balance, flexibility, strength, co-ordination
- Social: respect, leadership, work safely, collaboration
- Emotional: confidence, perseverance, honesty, focus, identify feelings
- Thinking: create, select and apply, comprehension, decision making, reflection

Prior Learning (what pupils already know and can do)

- Pupils can recognize how yoga makes them feel both physically and mentally.
- Pupils can remember and repeat actions, linking poses together.
- Pupils can say what they like about someone else's flow.
- Pupils can show an awareness of space when travelling.
- Pupils can work with others to create poses.

Long-term Learning (what pupils MUST know and remember) End Goals

- I am beginning to provide feedback using key words.
- I can copy, remember and repeat yoga flows.
- I can describe how my body feels during exercise.
- I can move from one pose to another thinking about my breath.
- I can use clear shapes when performing poses.
- I can work with others to create simple flows showing some control.

Key Vocabulary

Breath, choose, create, flexibility, flow, focus, perform, pose, strength

Session 1 – To copy and repeat yoga poses.

Success Criteria

- Breathe in and out slowly when in your yoga poses.

Whole Child Objectives

- Social: To be respectful of other people's learning and not distract them.
- Emotional: To be confident in sharing my ideas.
- Thinking: To suggest ideas for poses.

Session 2 – To develop an awareness of strength when completing yoga poses.

Success Criteria:

- Concentrate on breathing whilst in pose.

Whole Child Objectives:

- Social: To lead a small group safely around the space.
- Emotional: To try my best.

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- Thinking: To recall and select poses from the poses we have learnt

Session 3 – To develop an awareness of flexibility when completing yoga poses.

Success Criteria:

- Use controlled breathing in through your nose and out through your mouth.
- When breathing out, try to stretch a little further.

Whole Child Objectives:

- Social: To move safely around others.
- Emotional: To show honesty when playing games.
- Thinking: To understand and follow instructions.

Session 4 - To copy and remember actions linking them into a flow.

Success Criteria:

- Order poses so that they flow easily from one to the other.
- Work with your partner, sharing ideas and listening to each other.

Whole Child Objectives:

- Social: To work with others, sharing ideas to create a flow.
- Emotional: To show confidence to share my ideas with the class.
- Thinking: To make quick decisions with others to solve a challenge.

Session 5 –To create a flow, perform and teach it to a partner.

Success Criteria:

- Be clear when giving your instructions so that your partner knows what to do.
- Order poses so that they flow easily from one to the other.

Whole Child Objectives:

- Social: To teach a partner using clear instructions.
- Emotional: To sit calmly and focus on one thing.
- Thinking: To think of my own ideas to create a desert flow.

Session 6 – To explore poses and create a yoga flow.

Success Criteria:

- Order poses so that they flow easily from one to the other.
- Work with your partner, sharing ideas and listening to each other.

Whole Child Objectives:

- Social: To lead others, demonstrating a yoga pose for them to copy.
- Emotional: To identify how yoga makes me feel.

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- Thinking: To reflect on learning.

Future learning this content supports: