

## Medium Term Plan: Supporting Implementation of

**Subject:** Year 1 Summer 2 – Yoga:

Pupils 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 as well as developing balance, agility and co-ordination.

Key skills:

- Physical: balance, strength, flexibility, co-ordination
- Social: move safely, listen to others, collaborate
- Emotional: concentration, focus, identify feelings
- Thinking: observation, copy and repeat, recognise, create, select and apply

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

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

### Key Vocabulary

Balance, breath, copy, feel, focus, listen, pose, slowly, stretch

Session 1 – To explore yoga and mindfulness.

### Success Criteria

- Match the poses to the story.

### Whole Child Objectives

- Social: To move safely around others.
- Emotional: To show focus and concentration when completing breathing exercises.
- Thinking: To recognise how yoga makes me feel.

Monkey Moves video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12173>

### Vocabulary:

Balance, breath, feel, focus, pose, stretch

Session 2 – To be able to copy and remember poses.

### Success Criteria:

- Breathe as you hold your poses to help you to stretch further and stay balanced.

### Whole Child Objectives:

- Social: To move safely around others.
- Emotional: To work with focus.
- Thinking: To remember and perform the correct action for the instruction given.

The race video to be played - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12442>

### Vocabulary

Balance, breath, feel, copy, focus, pose

## **Medium Term Plan: Supporting Implementation of**

Session 3 –To develop flexibility when holding poses.

### **Success Criteria:**

- Stretch a little further each breath.

### **Whole Child Objectives:**

- Social: To listen to other people's creative input.
- Emotional: To focus on my own actions.
- Thinking: To notice my breathing when in yoga poses.

Wild west video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12444>

### **Vocabulary**

Breath, copy, feel, focus, listen, pose, stretch

Session 4 -To develop balance whilst holding poses.

### **Success Criteria:**

- Focus on something still.
- Use your breath to help you to remain stable.

### **Whole Child Objectives:**

- Social: To work with others and share ideas.
- Emotional: To focus on my own actions and movements.
- Thinking: To create our own sequence of movements.

Circus poses video to be shown – <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12446>

### **Vocabulary**

Balance, breath, copy, focus, pose, slowly

Session 5 –To create yoga poses using a hoop.

### **Success Criteria:**

- Concentrate on breathing whilst in the pose.
- Focus on something still when balancing.

### **Whole Child Objectives:**

- Social: To make sensible decisions to keep myself and others safe.
- Emotional: To focus and try my best.
- Thinking: To select and apply the poses learnt.

### **Vocabulary**

Balance, breath, focus, pose, slowly, stretch

Session 6 –To create a yoga flow with a partner.

### **Success Criteria:**

- Hold each pose for three breaths in and out.

### **Whole Child Objectives:**

- Social: To be able to share resources with others.
- Emotional: To identify how yoga makes me feel.

### **Medium Term Plan: Supporting Implementation of**

- Thinking: To be able to match the poses I see on a resource card.

#### **Vocabulary**

Balance, breath, pose, slowly

#### **Future learning this content supports:**

This unit will support future yoga units throughout KS1 and KS2. Pupils will have improved their balance, speed, flexibility, strength and ability to move different body parts at the same time which will be used throughout KS1 and KS2.