

Knowledge Organiser

Yoga Year 5

About this Unit

Yoga is an activity that is good for your body and your mind. It develops balance, strength and flexibility and it helps you to feel calm, less stressed, and aware of how you are feeling.

In this unit, you will use poses to create your own flow (a sequence of movements) and lead it to other pupils. Use the top tips below to help you to become a great leader.

A good leader will...

Keep instructions clear and short.

Be knowledgeable. Make sure you know the name of the pose and teaching points.

Adapt the pose to make it easier or harder for those you are leading.

Practise what to say and do so you are confident.

Key Vocabulary

concentrate: focus
connect: join together
contact: point touching the floor or someone else
exhale: to breathe out
extend: lengthen
fluidly: flow easily
inhale: breathe in
maintain: keep
quality: the standard of the skill
posture: how you sit or stand
stability: to be balanced
transition: moving from one action or position to another



Ladder Knowledge



Balance:

Use your breath to maintain balance within a pose and when transitioning from one pose to another.

Flexibility:

You can improve your flexibility when moving with your breath.

Strength:

Different poses will use different muscles to hold them.

Movement Skills

- balance
- flexibility
- strength
- co-ordination

This unit will also help you to develop other important skills.

Social
Emotional
Thinking

collaboration, communication, share ideas, respect
 independence, confidence, perseverance, acceptance
 comprehension, provide and use feedback, reflection, select and apply, creativity

Strategies

Using your breath helps you to:

- Manage feelings of discomfort when holding tricky poses.
- Provide stability and balance making it easier to hold the pose.
- Provides oxygen to your working muscles to help you to hold the pose.
- It helps you to concentrate and stay focussed clearing your mind.

Healthy Participation



- No shoes or socks to make sure you do not slip.
- Listen to your body, be mindful not to over extend and stop if a pose is uncomfortable.
- Stretch slowly and breathe deeply, never force a pose.

If you enjoy this unit why not see if there is a yoga club in your local area.



How will this unit help your body?

balance,
co-ordination,
flexibility, strength

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Balance Breath Challenge

What you need: a flat space

Follow these balance challenge instructions, attempting not to lose your balance:

- Stand on one leg and lift your knee up to in line with your hip
- Bring your knee out to the side of your body
- Bring your knee back to in front of your body
- Lean body forwards and extend your leg straight back behind you
- Bring your knee back to the front of your body
- Repeat on the other leg



Stand in mountain pose with eyes closed. Follow these breathing instructions:

- Spread your weight across all parts of your feet, feel your weight ground into the earth
- Imagine your breath coming into your body and travelling all the way down to one foot and into the earth as you inhale
- As you exhale, imagine your breath travelling back up through your body and out of your mouth.
- Repeat with the other leg, then one hand, then the other hand

Repeat the balance challenge thinking about your breathing as you complete it. Did you find it any easier?

www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit.



@getset4education136