



# Knowledge Organiser

## Yoga Year 1

### About this Unit

Yoga is a type of exercise that uses balances (called poses) and breathing to help your body and mind stay healthy and strong....It's like a secret superpower!

Imagine stretching your body like a playful cat or pretending to be a tree swaying in the wind. Each movement or pose has a name. By doing these poses, you can make your muscles stronger, feel more relaxed and improve how flexible you are.

### Start...

'I am ready to be mindful'  
(hands on heads)

'I am ready to share my ideas'  
(hands on throat)

'I am ready to try my best'  
(hands on heart)



Each lesson you will start and finish your lesson sitting with crossed legs.

You will say.....

### Finish...

'I think kind thoughts'  
(hands on heads)

'I speak kind words'  
(hands on throat)

'I act with a kind heart'  
(hands on heart)

### Key Vocabulary



balance

breath

copy

feel

focus

listen

pose

slowly

stretch



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

### Ladder Knowledge



### Balance:

focusing on something still will help you to balance.

### Flexibility:

yoga helps to improve flexibility which you need in everyday tasks.

### Strength:

you can use strength to move slowly and with control.

### Movement Skills

- balance
- flexibility
- strength
- co-ordination

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

**Social** move safely, listen to others, collaborate

**Emotional** concentration, focus, identify feelings

**Thinking** observation, copy and repeat, recognise, create, select and apply

### Strategies

- Use the start and finish sayings during your day to make good choices.
- If you feel angry, sad, mad, nervous or like you need a moment, try one of the breathing activities from your lessons.

### Healthy Participation



- Don't wear shoes or socks to make sure that you do not slip.
- Stretch slowly and breathe deeply, never force a pose.



### This unit will help you to:

- balance
- move different body parts at the same time
- be more flexible
- be stronger

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



### Hand Breath

What you need: a quiet space

#### What to do:

- Close your mouth and breathe in and out through your nose.
- Hold out your left hand.
- With the index finger of your other hand trace the fingers of your left hand.
- Breathe in as you trace up a finger, breathe out as you trace down a finger.
- Continue a few times through all fingers.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

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



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