



Get Set 4 Education

Knowledge Organiser Yoga Year 2

About this Unit

Imagine a fun and relaxing activity that's like a magical adventure for your body and mind - that's yoga! Yoga is a special kind of exercise that makes your body strong, flexible, and happy.

In yoga, you get to do different poses, kind of like pretending to be things from nature. Yoga also teaches you how to take deep, calm breaths. Breathing is like magic because it helps you feel relaxed and focused.

And guess what? Yoga isn't just about moving your body and breathing. It's also about using your imagination and being mindful. Being mindful means paying close attention to how your body and mind feel in the present moment. It's like taking a little break from the busy world around you to be kind to yourself.

balance

look at something still

Yoga will help my body with:



strength

squeeze your muscles

flexibility

breathe out to stretch a little further

co-ordination

move slowly to move from one pose to another

Key Vocabulary



breath

choose

create

flexibility

flow

focus

perform

pose

strength



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

Ladder Knowledge



Balance:

you can squeeze your muscles to help you to balance.

Flexibility:

flexibility helps you to stretch your muscles and increase the movement in our joints.

Strength:

strength helps you with everyday tasks such as carrying your school bag.

Movement Skills

- balance
- flexibility
- strength
- co-ordination

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

Social respect, leadership, work safely, collaboration

Emotional confidence, perseverance, honesty, focus, identify feelings

Thinking create, select and apply, comprehension, decision making, reflection

Strategies

- Use breathing activities and poses to help you feel calm and relaxed.
- Use breathing activities and poses to help you notice how you feel about a situation.

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



Nature Walk

What you need: an outside space

What to do:

- Head outside and find four things in nature that you can use to inspire your poses. For example, a tree or a bird.
- Using your four things, can you create a pose that represents each one?
- Can you link your four poses together to create a sequence of movements?



www.getset4education.co.uk

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



@getset4education136