

SCHEME OF WORK

YOGA FUN FACTS – KS2 (Yr 5/6)



Learning intentions:

Lesson 1	How can you learn some new Yoga poses?
Lesson 2	How can you breathe in and out of your nose when performing yoga?
Lesson 3	How can you increase your flexibility through Yoga?
Lesson 4	How can you increase your balance through Yoga?
Lesson 5&6	How can you make up a Yoga routine using some of your own Fun facts?

Success Criteria:

Year 5

- Can perform the Yoga poses, have a strong tummy to help me keep their body in position
- Can attempt the challenge pose - swaying tree
- Can lie down in rest pose and relax breathing in and out through their nose
- Can attempt to keep their legs straight in giraffe pose - showing some flexibility in their legs
- Can show good flexibility when performing the Yoga poses
- Can collaborate and create a routine with a partner using the Fun Facts

Year 6

- Can attempt the challenge pose - swaying tree
- Can remember the Yoga poses when listening to the yoga facts
- Can move into and out of different poses and breathe in and out through their nose
- Can show good flexibility when performing the Yoga poses
- Can show good balance in all poses
- Can teach another pair their routine using their Fun Facts

Key Skills:

PHYSICAL ME

- USING CORE STRENGTH
- AGILITY
- BALANCE
- COORDINATION
- FLEXIBILITY
- TECHNIQUE
- CONTROL

SOCIAL ME

- LISTENING AND BEING CALM AND RELAXED
- SHOWING RESPECT DURING POSES AND RELAXATION
- MINI COACH
- TEAM WORK
- DEMONSTRATING/TEACHING TO THE CLASS/SMALL GROUPS
- GIVING USEFUL AND SUPPORTIVE FEEDBACK TO A PARTNER TO IMPROVE POSES

THINKING ME

- SELECT AND APPLY CORRECT POSES
- CHALLENGE MYSELF
- IMPROVING ON LEARNT SKILLS TO IMPROVE TECHNIQUES
- FOLLOWING INSTRUCTIONS
- LEARNING HOW DIFFERENT PARTS OF THE BODY MOVE AND MAINTAIN CONTROL

HEALTHY ME

- WARMING UP
- KNOW THAT EXERCISE KEEPS YOUR HEART HEALTHY
- WARM DOWN
- STAY HYDRATED
- RELAXATION
- BREATHING CORRECTLY WHEN COMPLETING THE YOGA POSES

End of Key Stage Attainments:

Year 5

- Can begin to use a range of skills in different ways and to link them to make actions and sequences of movement
- Has begun to develop flexibility, strength, technique, control and balance
- Can show some communication and collaborate with others in a variety of activities
- Attempts to compare their performances with previous ones and demonstrate improvement to achieve their personal best
- Attempts to evaluate performance and can recognise their own success

Year 6

- Can use a range of skills in different ways and to link them to make actions and sequences of movement
- Has developed flexibility, strength, technique, control and balance
- Can communicate and collaborate with others in a variety of activities
- Can compare their performances with previous ones and demonstrate improvement to achieve their personal best
- Can evaluate performance and recognise their own success

Links to National Curriculum:

Literacy	<ul style="list-style-type: none">• Listening and following instructions• Researching fun facts and writing down favourites (library, books, computer)
Numeracy	<ul style="list-style-type: none">• Timing 30s & counting how many poses within the time / how long can they hold a pose (timings)
Geography/Science	<ul style="list-style-type: none">• Learning fun facts about animals, landmarks, planets etc
ICT	<ul style="list-style-type: none">• Researching fun facts online• Recording / Filming Yoga poses and fun facts
PSHE	<ul style="list-style-type: none">• Patience / Calmness / Respect• Communication and feedback to help peers improve their techniques and poses• Perseverance, to improve on skills and improve techniques and personal bests• Challenging themselves to improve• Leadership – supporting their peers and showing good communication skills• Confidence – to share ideas, fun facts and poses• Feedback – giving kind, positive, constructive, useful feedback to peers, accepting compliments and praise with grace along with constructive feedback for improvements and progression

Health & Safety

- It is advised that all equipment is appropriately cleaned in line with current government guidelines before and after each lesson
- Children to stay hydrated
- Warm up and down before and after the lesson
- Bare feet (preferably)