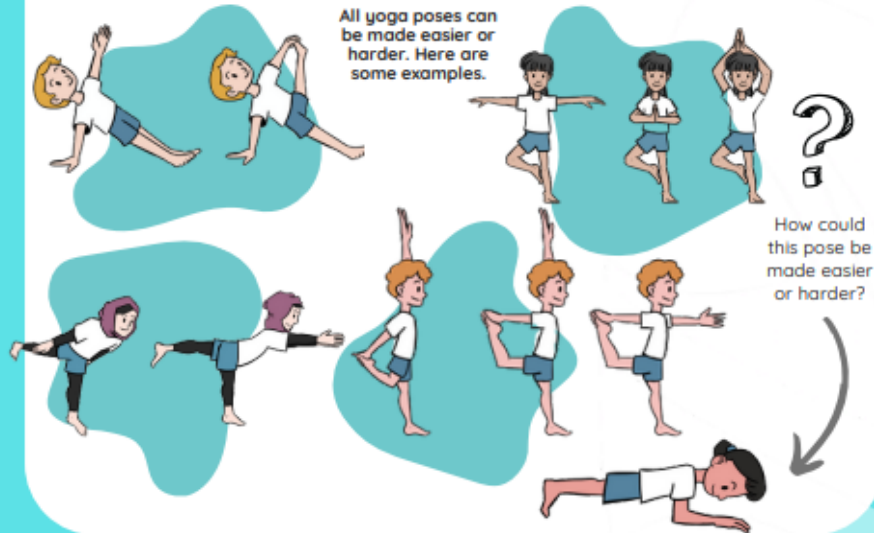


About this Unit

Yoga is an activity that connects body and breath. It includes breathing techniques, poses and mindfulness. Mindfulness is when you focus your attention on the present moment. In yoga people often use breath to hold the poses, developing flexibility, balance and strength.

It is often assumed that yoga is only for flexible people. However, one of the many great things about yoga is that it can be changed to support any age and ability level.



Key Vocabulary

- collaborate:** work jointly with others
- concentrate:** focus
- engage:** to activate
- exhale:** to breathe out
- expand:** to get bigger
- fluidly:** flow easily
- inhale:** breathe in
- lengthen:** to make longer
- mindfulness:** to bring attention to experiences occurring in the present moment
- muscles:** tissue that helps us to move our bodies
- notice:** to pay attention to
- practice:** to go over
- quality:** the standard of the skill
- salutation:** a sequence of actions that create a specific flow
- transition:** moving from one action or position to another



Ladder Knowledge



Balance:

Different poses will require you to apply force in different places and at different times to maintain control and balance.

Flexibility:

Identify which muscles require more practice to increase your flexibility.

Strength:

You can build up strength by practicing in your own time.

Movement Skills

- balance
- flexibility
- strength
- co-ordination

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

Social

respect, co-operate leadership, communication, share ideas, work safely

Emotional

focus, concentration, confidence, independence, determination

Thinking

Identify, create, select and apply, observe and provide feedback

Strategies

There are different techniques you can use to control how you feel.

When you experience a stressful event (like an unexpected dinosaur in your classroom), your heart rate increases and your breathing becomes lighter.

Deep breathing helps to get more oxygen into your body and helps you calm down, lower stress, and focus. Counting your breath is a great way to focus your attention. Breathe in for four counts and out for four counts.

Mindfulness activities used in your everyday life can be helpful for your wellbeing.

Practicing mindfulness means being aware of the present moment. It involves breathing, imagery, and other practices to relax your body. It can help reduce stress, focus on the task at hand, and develop a positive outlook on life.

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.

Home Learning

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

Bumble Bee Breath



What you need: a quiet space

Breathing techniques help our bodies to relax, slow our heart rate and feel calmer.

How to play:

- Keep your lips lightly sealed.
- Breathe in through your nose and then breathe out making a 'mmmmm' sound until you need to breathe in again.
- The longer your 'bee hum', the more relaxed you are likely to be.

Try this breath before school or after lunchtime.

www.getset4education.co.uk



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

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



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