



Aims of Yoga: There are many different types of the ancient practice of yoga. It is a fantastic way to help anyone, younger or older, to improve concentration, balance, become more supple (bendy) and relieve tension or stress in the body and mind.

Children will learn a variety of different poses, using many parts of their bodies for each one.

Each session begins with a warm-up with some simple stretches, a series of poses to learn each week and a cool-down which includes restful relaxation. Children are encouraged to wear their indoor PE kit (white t-shirt, navy shorts/ leggings and bare feet). For the relaxation section, children may want to bring a pair of socks, their PE sweatshirt or hoodie or a warm blanket to help them relax deeply. We finish with a short mindfulness activity to rest the mind.



Key vocabulary for yoga:

Balance- the ability to stay upright or stay in control of a body movement.

Breath- this is discussed a lot in yoga and we focus on how breathing connects with poses.

Pose- a set move which has a particular name, e.g. Tree pose, bridge pose, mountain pose.

Sun salutation- a series of poses performed in a sequence to salute and greet the Sun.

Key Questions:

Is yoga a sport? Why?

How does yoga make you feel mentally?

Why does it positively impact on your mental health?

What are team building activities?

Why is it important to take part in team building activities?

Outdoor Adventure Activities and Yoga



OAA- Outdoor Adventure Activities:

Team building games are played outside, encouraging team-work and plenty of opportunities to solve problems together. Children will be given challenges using a range of equipment to achieve set goals. They may need to move their team from one side of an imaginary river to the other. They may need to move equipment without using their hands! These activities are designed to get children thinking creatively and what we call “thinking outside the box.”



The School Games Values:

This term, children will mainly be focusing on passion, respect, and self-belief.

