



**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.



# Outdoor Adventure Activities/ 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.”

These lessons will require children’s outdoor PE kit (trainers, navy joggers, navy sweatshirt, white t-shirt).



Children are awarded for demonstrating the core values in our PE lessons:

