

## Year 1 Yoga

### National Curriculum objectives

Pupils learn about how physical activity helps us to stay healthy; and ways to be physically active everyday

### Key Learning

- To be able to settle themselves for a yoga session by exploring breathing. To follow instructions for poses.
- To be able to participate in a game involving the poses learnt. To be able to complete a short session involving a flow from breathing for focus to poses for movement to relaxation.
- To be able to create a story to link at least three animal poses. To be able to practise some yoga relaxation techniques.

### Equipment and Resources

- A copy of the lyrics to the rhyme 'There Was an Old Lady Who Swallowed a Fly'.
- Print out the 'Pose' cards from the link in the lesson plan.
- Timings in the lesson are based on short sessions of 20 minutes.
- Comfortable clothing to be worn.
- Pupils should have bare feet to enable grip and movement of the feet.
- A chime sound such as a triangle or xylophone chime can be used for signalling pupils.
- For relaxation portions, ideally, there would be blankets available. But if this is not practical, pupils could have a soft toy to hug if this helps them to relax.
- Lavender spray can be used.

### Key Vocabulary

**Balance:** To stay still and steady in a position or shape. To keep steady while moving and holding a pose.

**Body-weight:** The weight of your whole body.

**Breath:** The air that flows into and out of the lungs during breathing.

**Chest:** The upper front part of the body between the neck and waist.

**Hips:** The part on either side of the body between the waist and the thigh.

**Lungs:** The two organs in your chest that are used for breathing. They bring oxygen to the body and get rid of carbon dioxide.

**Nostril:** One of the two outside openings in the nose that you breathe through.

**Poses:** Different positions you hold your body in.

**Relax:** To calm down, become more comfortable and less tense.

**Ribs:** The set of bones that curve from the spine around your chest. Ribs protect the organs inside your chest such as your lungs and heart.

**Spine:** The series of bones that go up your back and hold you up and helps you move into different positions.

**Squat:** To sit on your heels, or to crouch low to the ground with the knees bent.

**Torso:** The area of the body from your neck to your hips. It can also be called your trunk.

### Key Questions

How can yoga help us?

Can you move your body into the different yoga poses?

How can you make sure you stay balanced in a pose?

Why do we do breathing exercises in yoga?

### Safety

- A quiet and clear space with few distractions will help pupils to focus.
- Safety mats can be used if available