

Year 6 Yoga

National Curriculum objectives

Pupils learn how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle

Key Learning

- To explore breathing methods to calm the body and mind. To recap and review some poses they have learnt in previous sessions and add in a few new poses that flex the spine.
- To explore some new poses both individual with a partner. To practise some twisting and stretching techniques to loosen tight muscles.
- To play a game demonstrating knowledge of poses and transitions between poses. To use visualization techniques for relaxation.

Equipment and Resources

- Print out the 'Pose' cards from the link in the lesson plan.
- Some loud, thumping music.
- 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

Abdominals: The muscles in your torso or abdomen area between the chest and the hips.
Contact: When a part of your body is touching something such as a mat or another person.
Co-operation: Working together to get something done.
Core: The central part of your body where your abdominal muscles are.
Diaphragm: A wall of muscle that separates the chest and abdomen. This muscle helps you with breathing.
Exhale: To breathe out the air in your lungs.
Expand: To make larger or wider. Your lungs expand when you inhale.
Hips: The part on either side of the body between the waist and the thigh.
Inhale: To breathe air into your lungs.
Spine: The series of bones that go up your back and hold you up and helps you move into different positions.
Visualization: Forming images in your mind or mentally imagining places and situations for the purpose of relaxation.

Key Questions

How do your abdominal muscles help when forming different yoga poses?

Which are your favourite yoga poses?

How can you stay balanced when doing a yoga pose?

How can yoga help physically and mentally in everyday life?

Safety

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