

## Year 5 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 recap and review some poses they have learnt in previous sessions and add in a few new poses.
- To explore some new poses that require balance. To be able to practise a yoga visualisation technique to relax.
- To use yoga poses in a more dynamic way incorporating movement across a space.

### 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

- Abdominal muscles:** The muscles in your torso or abdomen area between the chest and the hips.
- Abdominal:** The middle area of your body also known as your torso.
- Balance:** To stay still and steady in a position or shape. To keep steady while moving and holding a pose.
- Calf:** The back part of your lower leg below the knee.
- Co-operation:** Working together to get something done.
- Exhale:** To breathe out the air in your lungs.
- Hips:** The part on either side of the body between the waist and the thigh.
- Inhale:** To breathe air into your lungs.
- Partnership:** Working together with someone else.
- Sacrum:** A triangular bone in the lower back formed from fused vertebrae and situated between the two hip bones of the pelvis.
- Shin:** The front part of your lower leg below the knee also known as the shin bone or tibia.
- Spine:** The series of bones that go up your back and hold you up and helps you move into different positions.
- Strength:** Being able to stay strong in a yoga pose or movement.
- Support:** To hold up or to brace for strength during a yoga pose.
- Thigh:** The area of your body between your knee and your hips.
- Waist:** The mid part of your torso between the chest and hips.

### Key Questions

Which are your favourite yoga poses?

How can you stay balanced when doing a yoga pose?

What is massage and why is it beneficial to us?

What do you need to think about when you are working in a team in yoga?

### Safety

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