

PE

Autumn 1 2022

Class Cremyll

Yoga



## PE Yoga

For our first lesson we learnt some solo poses and their names. We practiced holding each position for 30 seconds.

"Some poses are easier than others."

"I can touch my toes and my head!"



For the next stage we worked with a partner and created a sequence of 3 different poses and transitions to show to the class. After each pair performed the class gave them feedback to work on in the next session.

"We helped each other balance."



"Working with a partner is good because we can share ideas and help each other."



For our final session, we worked as a whole class to show our poses we have learnt, as chosen by the children. They took it in turns to model how to hold each pose and gave each other feedback.



PE

FLE Y1/2

Yoga/well-being



Our Endpoint

To hold Yoga poses correctly with good control and balance.

**Forever Facts**

Keeping healthy means caring for your body so you have enough energy to learn, play and grow.

Regular sport and exercise help us to stay healthy.

Having control over your breathing will enable you to get into some more challenging poses.

Stretching keeps the muscles flexible, strong and healthy.

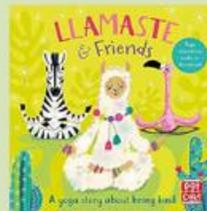
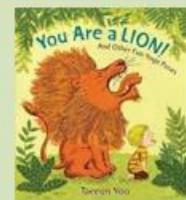
**What I have learnt before.**

Balance.

Working with a partner.

Giving feedback.

**Exciting Books**



**Personal Development**

Social – Giving peers space to move  
 Spiritual – giving yourself time to pause, reflect and meditate.

**Subject Specific Vocabulary**

healthy	keeping healthy means doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep
exercise	to be physically active
active	to move
control	to be in charge of your body movements
coordination	the ability to use different body parts together smoothly
balance	The distribution of weight to ensure that we are able to stand upright and steady
flexibility	to have the full range of movement in your body

**Skills**

- Copy and repeat simple skills and actions
- Understand the importance of being active.
- Talk about how to exercise safely.
- Begin to move with increasing control and care
- Make simple moves with increasing control and coordination