

PE

yoga



**Balance and being
flowing sunflowers**



I'm a small
sunflower
seed

I'm growing
towards the
sun

I keep forgetting
to put my legs
together!

Balancing on all fours



I can put my back down and do cow pose, moo.



Miaow, I'm doing cat pose



Flowing in and out of downward dog – being strong (strength)

We can pretend our legs and hands have roots in them to make us stronger



If you hold your arms out, look at one spot and choose your strongest leg, you balance better'



Tripod forward fold

Flowing between poses using speed (Pace).



I like *** cobra, her legs are stretched

I have roots in my feet to help me stand tall



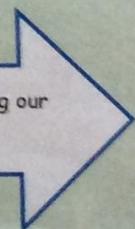
*** Did a good aeroplane balance, he had his arms out to balance

*** did a strong warrior pose



Our Endpoint

A sequence incorporating our new skills learned.



Knowledge

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.

Everyone should have their '5 a day' – this means five portions of fruit and vegetables, to get the right amount of nutrients.

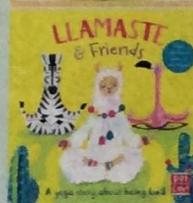
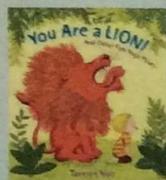
All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others.

It's important not to eat too much sugar and salt: sugary foods are bad for your teeth and salty foods can lead to heart disease.

Being active means physical activity like sport and mental activity like completing following instructions.

Mindfulness helps us to be calm and quiet which is good for our mental well-being.

Exciting Books



Culture capital

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

What we already know: Exercise is important to keep our minds and body's healthy. Practicing yoga helps our bodies get stronger. We need to practice to balance.

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