

# Yoga Knowledge Organiser - Year 1

**Prior Learning:** In Early Years children experimented with making different animal shapes with their body, moving around like animals, balancing in different yoga shapes and making up some of their own

## Key Skills

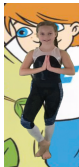
### Physical Me

- Learn basic yoga poses which improve:

- Flexibility
- Core Strength
- Coordination



- Balance



- Control



### Thinking Me

- To improve my performance
- Challenge myself

### Healthy Me:

Yoga makes you feel calm and relaxed which is good for my mind and body

## SMSC

### Value Me:

- **Determination**- try, try, try again!
- **Self belief** -believing you can do the poses!

### Social & Emotional Me

- Listening and being calm and relaxed
- Mini Coach

### What is Yoga:

Yoga is a way to exercise our bodies, our breath, and our minds all at the same time. ...

Yoga is a very ancient science that helps us to develop flexibility and strength in our bodies.

## Key Knowledge

**Yoga poses** - Keep tummy strong (core strength)

**Breathing**- Helps us slow down and relax

**Balance**- Try and keep control when performing a yoga pose

**Relaxation time**- Relaxation helps with focus

## Key Vocabulary

Moon

Story

Sun

Stretch

Star

Pose

