Knowledge Organiser
Yoga Year 4

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Ladder Knowledge

Balance:

Move with your breath, it will help you to balance.

Flexibility:

Different poses will need you to extend different body parts.

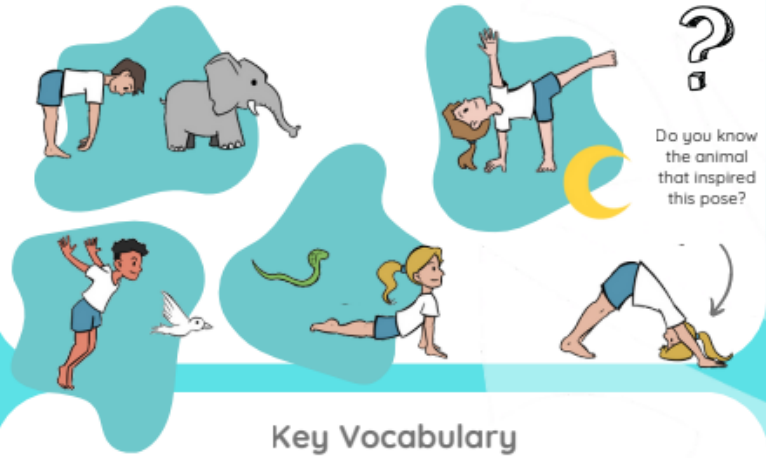
Strength:

People have different levels of strength.

About this Unit

Yoga is the name for a type of exercise that helps our mind and body. In yoga, we put our body into different positions these are called poses. We can link these poses together to create sequences of movement called a flow. In this unit you will learn yoga poses and techniques that will help you to connect your mind (what you are thinking and feeling) with your body.

Often yoga poses take inspiration from animals and nature like these poses...



Do you know the animal that inspired this pose?

Movement Skills

- balance
- flexibility
- strength
- co-ordination

This unit will also help you to develop other important skills.

Social working safely, supporting others, sharing ideas, collaboration, respect

Emotional confidence, determination, integrity, focus

Thinking recall, creativity, selecting actions, providing feedback, reflection

Strategies

Use your breath to help you to focus.

When you experience a stressful event (like an unexpected dinosaur in your classroom), your heart rate increases and your breathing becomes lighter.

Deep breathing helps to get more oxygen into your body and helps you calm down, lower stress, and focus. Counting your breath is a great way to focus your attention. Breathe in for four counts and out for four counts.

Mindfulness is a personal journey.

Mindfulness is a technique which involves noticing what's happening around you in the moment. It can help you to feel happier and calmer.

How you notice the world around you might be different to a friend and that's ok.

Key Vocabulary

breath: moving air in and out of your body
control: being able to perform a skill with good technique
extend: to make longer
flexibility: the ability of muscles and joints to move through a range of motion
flow: a yoga sequence
gratitude: being thankful
lengthen: to make longer
link: to join together
mindfulness: to bring attention to experiences occurring in the present moment
notice: to pay attention to
pose: a position, usually still
relax: to become calm
stable: to be balanced
strength: the amount of force your body can use
wellbeing: the emotional state of someone

Healthy Participation

- No shoes or socks to make sure you do not slip.
- Listen to your body, be mindful not to over extend and stop if a pose is uncomfortable.
- Stretch slowly and breathe deeply, never force a pose.



How will this unit help your body?

balance, co-ordination, flexibility, strength

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Your Flow

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What you need: a flat space
Yoga poses often take inspiration from animals and nature. Like the ones here:



How to play:
- Look around in nature or think of animals that could inspire your poses.
- Create a yoga flow (sequence) by linking 5-6 of poses together.
- You could also use the poses shown above.

Remember to move slowly and breathe deeply.

www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit. @getset4education136

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