




# PE - Knowledge Organiser

## Year 1 – Autumn 2 – Yoga



### Knowledge Organiser Yoga Year 1

**About this Unit**

Yoga is a type of exercise that uses balances (called poses) and breathing to help your body and mind stay healthy and strong...it's like a secret superpower! Imagine stretching your body like a playful cat or pretending to be a tree swaying in the wind. Each movement or pose has a name. By doing these poses, you can make your muscles stronger, feel more relaxed and improve how flexible you are.

**Start...**

- 'I am ready to be mindful' (hands on heads)
- 'I am ready to share my ideas' (hands on throat)
- 'I am ready to try my best' (hands on heart)

Each lesson you will start and finish your lesson sitting with crossed legs.

You will say...


**Finish...**

- 'I think kind thoughts' (hands on heads)
- 'I speak kind words' (hands on throat)
- 'I act with a kind heart' (hands on heart)

**Powerful Knowledge**

balance	listen
breath	pose
copy	slowly
feel	stretch
focus	

**Ladder Knowledge**



**Balance:** focusing on something still will help you to balance.

**Flexibility:** yoga helps to improve flexibility which you need in everyday tasks.

**Strength:** you can use strength to move slowly and with control.

**Movement Skills**

- balance
- flexibility
- strength
- co-ordination

**Strategies**

- Use the start and finish sayings during your day to make good choices.
- If you feel angry, sad, mad, nervous or like you need a moment, try one of the breathing activities from your lessons.

**Healthy Participation**

- Don't wear shoes or socks to make sure that you do not slip.
- Stretch slowly and breathe deeply, never force a pose.

**Home Learning**


Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

**Hand Breath**

What you need: a quiet space

What to do:

- Close your mouth and breathe in and out through your nose.
- Hold out your left hand.
- With the index finger of your other hand trace the fingers of your left hand.
- Breathe in as you trace up a finger, breathe out as you trace down a finger.
- Continue a few times through all fingers.



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**Thinking**

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

- Social** move safely, listen to others, collaborate
- Emotional** concentration, focus, identify feelings
- Thinking** observation, copy and repeat, recognise, create, select and apply


**Hand Breath**

**What you need:** a quiet space

**What to do:**

- Close your mouth and breathe in and out through your nose.
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Head to our youtube channel to watch the skills videos for this unit.  @getset4education136

If you enjoy this unit why not see if there is a yoga club in your local area.

