

## Parsonage Farm Nursery and Infant School

Year 1

PE: Yoga- Stretch to the Sun

Summer 2

### Knowledge

- ❖ To know how their body feels during and after exercise.
- ❖ To know the importance of stretching safely.
- ❖ To know that yoga can help them feel calm and relaxed.

### Prior Knowledge and Skills

Children will already have experienced:

- ❖ Creating a short sequence of dance movements
- ❖ Stretching in different ways
- ❖ Trying to balance with control
- ❖ Joining a range of different movements together.
- ❖ Noticing and describing how their body feels during exercise.

### Skills

Children will be able to:

- ❖ develop balance, agility and co-ordination through yoga.
- ❖ copy actions and movement sequences;
- ❖ hold still shapes in simple balances;
- ❖ carry out simple stretches;
- ❖ move between poses while keeping balanced;
- ❖ repeat the yoga sequence with minimal support;
- ❖ adapt yoga poses to their own needs;
- ❖ balance on one leg;
- ❖ create a short sequence of yoga poses;
- ❖ demonstrate a yoga pose to the class;
- ❖ breathe smoothly while in poses.



### Key Vocabulary

- ❖ yoga
- ❖ stretch
- ❖ exercise
- ❖ calm
- ❖ relaxation
- ❖ Asana
- ❖ pose
- ❖ breathing
- ❖ mindfulness
- ❖ core
- ❖ strength

### Safeguarding

- ❖ Ensure appropriate warm-ups and cool downs.
- ❖ Follow the safety procedures recommended by Hampshire e.g., wearing of jewellery, carrying equipment safely.
- ❖ Ensure the children are appropriately dressed and have bare feet.

