

# MOVING EDSTART

## EYFS - 'Animal Boogie' Yoga Unit of Work

Pupils will be taught...

### Overall Learning Outcomes

**Children are able to:**

- Attempt the 'Animal Boogie' Yoga poses
- Balance when performing each Yoga pose
- Relax their body when perform the basic poses
- Follow the story and understand what part comes next
- Lie down and rest their body when listening to music
- Lie down and focus on my breathing
- Talk about the effects of activity on their bodies
- Keep their tummy strong when performing the Yoga poses

## Learning Objective

## Learning Outcomes

<b>1 To introduce Yoga poses whilst sat down</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Become familiar with the Yoga routine</li><li>• Control their bodies when performing each pose</li><li>• Be introduced to the snake, lion, parrot and zebra poses</li></ul>
<b>2 To introduce Yoga poses whilst standing up tall</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Hold a balance when performing poses</li><li>• Stand up tall with good posture</li><li>• Be introduced to monkey and bird poses</li></ul>
<b>3 To introduce Yoga poses that involve movement</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Show control, strength and balance when performing each pose</li><li>• Be introduced to giraffe and chimpanzee poses</li></ul>
<b>4 To introduce breathing techniques when performing each pose</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Sit/stand up tall and focus on slowly breathing</li><li>• Breathe as they perform each Yoga pose</li><li>• Be introduced to cub and bee poses</li></ul>
<b>5 To remember all poses and perform under control</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Begin to focus on their breathing, slowly in and out</li><li>• Talk about the effects of activity on their bodies</li><li>• Remember the poses they have learnt</li></ul>
<b>6 To complete a full routine of Yoga poses</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Start to keep their tummy strong when performing each pose</li><li>• Lie down and focus on their breathing</li><li>• Confidently complete all Yoga poses</li></ul>

## Nursery

### Assessment Mark      Requirements

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#### Working Towards

- Understand basic Yoga poses
- Retain key information
- Use fundamental shapes

#### On Target

- Can perform a range of Yoga poses with control
- Can control their breathing whilst performing Yoga poses
- Can deliver a Yoga lesson to a partner using poses taught
- Children are able to demonstrate and teach Yoga poses to a partner
- Can lie down and relax and listen to simple instructions

#### Above Target

- Able to give useful and supportive feedback to improve poses
- Able to remember and perform all Yoga poses
- Show signs of flexibility, balance and strength when performing Yoga poses
- Can use appropriate vocabulary to describe what they and others are doing

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.