

MOVING EDSTART

Year 1 - 'Jungle' Yoga Unit of Work

Pupils will be taught...

Overall Learning Outcomes

Children are able to:

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

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Learning Objective

Learning Outcomes

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

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Assessment Mark	Requirements
Working Towards	<ul style="list-style-type: none">• Understand basic Yoga poses• Retain key information• Use fundamental shapes
On Target	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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**.