

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**

Learning Objective

Learning Outcomes

1 To introduce Yoga poses whilst lay or sat down

Children can:

- 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

Children can:

- 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

Children can:

- 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

Children can:

- 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

Children can:

- 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

Children can:

- Start to keep their tummy strong when performing each pose
- Lie down and focus on their breathing
- Confidently complete all Yoga poses

Assessment Mark

Requirements

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**.