

PE

yoga



**Balance and being
flowing sunflowers**



I'm a small
sunflower
seed



I'm growing
towards the
sun

I keep forgetting
to put my legs
together!

Balancing on all fours



I can put
my back
down and
do cow
pose, moo.



Miaow,
I'm doing
cat pose



Flowing in and out of downward dog – being strong (strength)

We can pretend our legs and hands have roots in them to make us stronger



If you hold your arms out, look at one spot and choose your strongest leg, you balance better'



Tripod forward fold

Flowing between poses using speed (Pace).



*** Did a good
aeroplane balance,
he had his arms out
to balance



I like ***
cobra, her
legs are
stretched

I have roots
in my feet
to help me
stand tall

*** did a
strong
warrior pose





Our Endpoint

A sequence incorporating our new skills learned.

Knowledge

Keeping healthy means caring for our body so we have enough energy to learn, play and grow.

Regular sport and exercise help us to stay healthy.

Stretching keeps the muscles flexible, strong and healthy and helps us to balance.

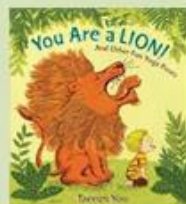
Mindfulness helps us to be calm and quiet which is good for our mental well-being.

What we already know:

Exercise is important to keep our minds and body's healthy.

Practicing yoga helps our bodies get stronger. We need to practice to balance.

Exciting Books



Culture capital

- Giving peers space to move
- Giving ourselves time to pause, reflect and meditate.
- Knowing how to control our bodies.
- Giving constructive feedback to peers to help them improve.

Subject Specific Vocabulary

healthy	keeping healthy means doing things that are good for your body - things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep
exercise	to be physically active
control	to be in charge of your body movements
coordination	the ability to use different body parts together smoothly
balance	The distribution of weight to ensure that we are able to stand upright and steady
flexibility	to have the full range of movement in our body

Skills

- I can copy and repeat simple skills and actions
- I understand the importance of being active.
- I can begin to move with increasing control and care