



Headteacher: Mr M Grogan

KS1 Yoga
What does exercise do to my brain?

St George's Central CE Primary School and Nursery

Key Words	Definition
Stretch	Straighten or extend a muscle to help build/maintain strength and flexibility.
Exercise	Activity requiring physical effort.
Relaxation	The state of being free from tension and anxiety.
Asana	A posture adopted in performing yoga.
Pose	A position in yoga that often represents a value such as wisdom (owl pose) or strength (warrior pose).
Mindfulness	The ability to be fully present and aware of what we are doing and to not be distracted by external pressures.

Coaching Points
Location – It can be advantageous to take yoga in different locations to suit different learning styles. Try classroom yoga or yoga outside to incorporate nature.
Theme – For children, yoga poses can be built around a theme such as jungle or space. This allows routines to be made and practised that the children can adapt.
Breathing – The use of proper breathing should be taught to help focus and relieve anxiety. Inhale through the nose, exhale through the mouth, making a 'ha' sound.



Assessment Focus

- Show control when balancing
- how control when moving
- Curl, tense, stretch and relax my body
- Work on my own and with a partner
- Improve sequences based on feedback

'Never settle for less than your best'

Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12