



## St George's Central CE Primary School and Nursery

Key Words	Definition
Yoga	To 'yoke' or 'bind' – often interpreted as a union of breath and body.
Mindfulness	The ability to be fully present and aware of what we are doing and to not be distracted by external pressures.
Salutation	A sequence of asanas (postures) that are placed together into a routine.
Chakras	Energy centres in the body located between the base of the spine and head.
Drishti	A focal point of gazing during meditation
Namaste	Said at the end of classes, roughly meaning, 'the light within me bows to the light within you'

### Coaching Points

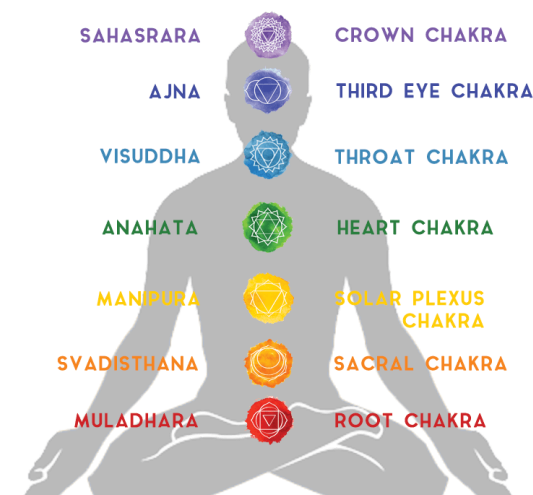
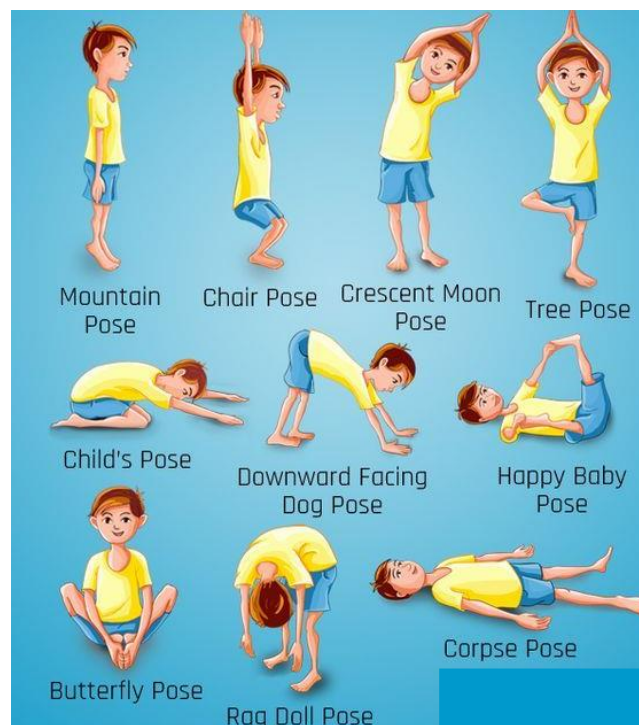
Location – It can be advantageous to take yoga in different locations to suit different learning styles. Try classroom yoga or yoga outside to incorporate nature.

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

- Take the lead when in a group
- Show strength and suppleness
- Create/ Improve work in pairs
- Repeat, remember and perform



**'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*