

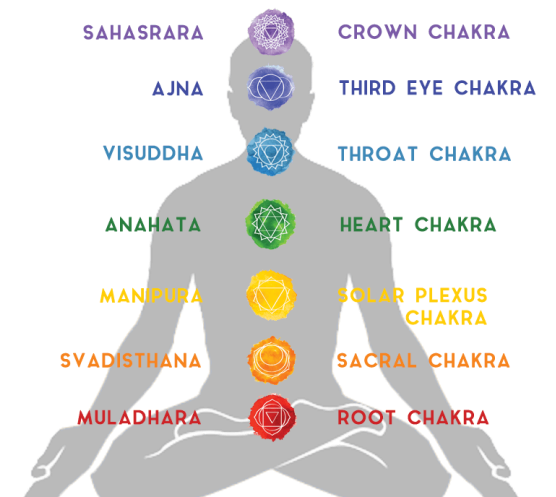
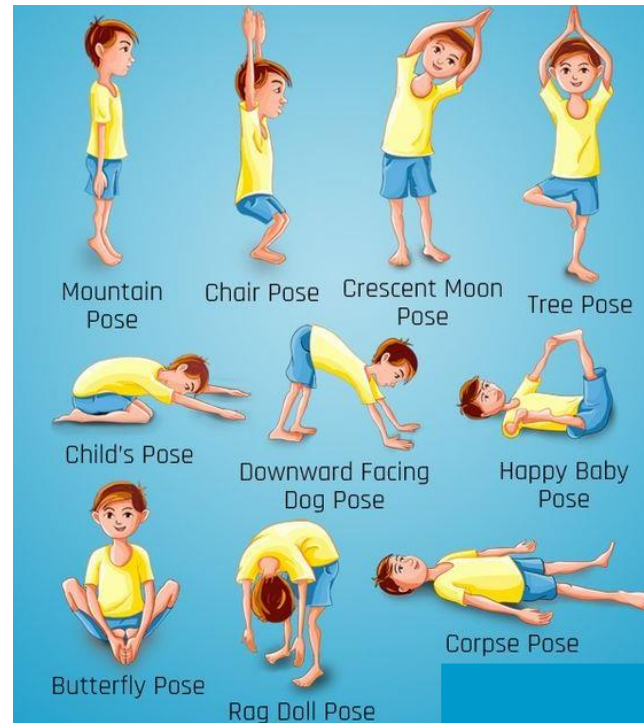
Y5/6 Yoga  
**How might yoga  
 lead to a better  
 life?**

Headteacher: Mr M Grogan



# St George's Central CE Primary School and Nursery

Key Words	Definition	Coaching Points
Yoga	To 'yoke' or 'bind' – often interpreted as a union of breath and body.	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.
Mindfulness	The ability to be fully present and aware of what we are doing and to not be distracted by external pressures.	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.
Salutation	A sequence of asanas (postures) that are placed together into a routine.	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.
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'	



### Assessment Focus

- Combine action, balance and shape
- Make a complex, extended sequence
- Perform well to different audiences
- Sequence ideas to specific timings
- Combine my work with that of others

**'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*