

Yoga Knowledge Organiser - Year 6

Prior Learning: In year 5, children continued to recap and master yoga poses. They were taught to link yoga moves together to create sequences such as Sun salutation. They worked in small groups creating their own poses and used their knowledge and skills learned teaching another group.

Key Skills

Physical Me

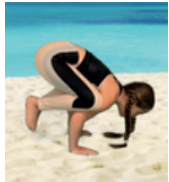
- Flexibility
- Core Strength



- Power



- Balance



- Strength



- Control



Thinking Me

- Begin to evaluate my performance
- Remember poses
- Create new ones

Healthy Me:

- It feels good to have a strong, flexible body that can do all the things you enjoy — like running, jumping, and playing with your friends.

Value Me:

- Responsibility
- Leadership
- Teamwork

Social & Emotional Me

- Communicating with others
- Collaborating
- Demonstrating to a small group

Key Vocabulary

Counter Balance

Leadership

Peer Coach

Evaluate

Routine

Create

Technique

Key Knowledge

Counter balance - Using a part of your body to balance out your weight e.g. Boat pose- Balance on bottom and use arms to counter balance.

Technique - Good technique in yoga involves getting into the correct position with your body

Routine - Yoga as exercise is a physical activity, consisting mainly of postures, often connected by flowing moves (a sequence or routine)

