** Jellyfish – PE – Yoga**

***Key Skills:***

Physical:

* Breathing, balance, flexibility, strength

Social:

* Working safely, sharing ideas, leadership

Emotional:

* Calmness, patience, understanding

Thinking:

* Selecting actions, creating poses, focus, providing feedback.

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| ***Words to know and spell (Tier 2 Vocabulary)*** |
| Focus | Listen | Create |
| Pose | Feel | Choose |
| Position | Breath | Flow |

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| ***Words to understand and spell (Tier 3 Vocabulary)*** |
| **Mindfulness** | The process of purposefully bringing one’s attention to experiencing the present moment.  |
| **Namaste** | In yoga this means ‘the divine in me acknowledges the divine in you’ and is a respectful way to start or end a class.  |
| **Extension**  | Lengthening the limbs.  |

***Key skills to do:***

* Remember, copy and repeat sequences of linked poses.
* Show increased awareness of extension in poses.
* Demonstrate increased control in performing poses.
* Explore controlling their focus and sense of calm.

***Concept check questions. Test yourself:***

Can you show me a yoga flow?

Why is breathing important in yoga?

Why is it important to show control in yoga?

**Year 1 – PE – Autumn 1 – Heyford Park School**