** Bumblebees – PE – Yoga**

***Key Skills:***

Physical:

* Balance, strength, flexibility, coordination.

Social:

* Leadership, sharing ideas, working safely

Emotional:

* Confidence, working independently

Thinking:

* Creating, observing and providing feedback, selecting and applying actions.

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| ***Words to know and spell (Tier 2 Vocabulary)*** |
| Quality | Notice | Calm |
| Develop | Fluidity | Practice |
| Connected | Aware |  |

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| ***Words to understand and spell (Tier 3 Vocabulary)*** |
| **Salutation**  | A series of poses performed in a sequence to create a flow of movement.  |
| **Transition** | Moving from one pose to another.  |
| **Collaboration** | Working together.  |
| **Mindfulness** | The process of purposely bringing one’s attention to experiences occurring in the present moment.  |
| **Asana** | Physical poses and postures. |
| **Pranayama** | Refers to breathing techniques. Prana is our life force, our breath. |
| **Namaste** | In yoga this means ‘the divine in me acknowledges to divine in you’ and is a respectful way to start or end a class.  |

***Key skills to do:***

* Link combinations of poses for balance with increased control in transition.
* Confidently transition from one pose to another showing extension connected to their breath.
* Explore poses that challenge their strength and work in maintain increased control and strength when in and transitioning between poses.
* Explore methods they can use to control how they feel with some success.

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

How does yoga help me to develop my flexibility, strength and balance?

How do people find yoga valuable in their life?

How do you transition between poses?