



# 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.

## 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.

## Words to know and spell (Tier 2 Vocabulary)

Quality	Notice	Calm
Develop	Fluidity	Practice
Connected	Aware	



## Words to understand and spell (Tier 3 Vocabulary)

<b>Salutation</b>	A series of poses performed in a sequence to create a flow of movement.
<b>Transition</b>	Moving from one pose to another.
<b>Collaboration</b>	Working together.
<b>Mindfulness</b>	The process of purposely bringing one's attention to experiences occurring in the present moment.
<b>Asana</b>	Physical poses and postures.
<b>Pranayama</b>	Refers to breathing techniques. Prana is our life force, our breath.
<b>Namaste</b>	In yoga this means 'the divine in me acknowledges to divine in you' and is a respectful way to start or end a class.

## 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?