

Physical Activity Resource Disclaimer

We hope you find the information on our website and resource useful. The description of any physical activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking any activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are fit enough to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the physical activity. If you are unsure in any way, we recommend that you take guidance from a suitably qualified professional.

KS1 Yoga User Guide

Yoga: The Background

Yoga originates from India and has been practised for over 5000 years. There are now many styles of yoga, some are vigorous, others more restorative. Some classes will focus more on breathing, posture, relaxation or meditation. Yoga is the exercise of both mind and body to increase physical and mental wellbeing. Yoga offers physical exercise, breathing practice, mental focus, mindfulness and stress relief. There is evidence that yoga reduces high blood pressure, back pain, depression and stress. Yoga is common across the world with over two billion people practising regularly. It is taught in surgeries and hospitals, and most often in community halls and leisure centres. Yoga is increasingly being taught in schools to help children relax, self-regulate and increase physical and emotional wellbeing.

What Is Yoga?

Yoga involves physical activity to increase flexibility, strength, balance and release tension from the body. It involves moving the body in different ways to form a balanced range of movement. The physical practice is designed to lead the mind and body naturally to quietening and ultimately to finding inner peace.

There are five main stages of each class; warming up and settling, the poses, breathing, relaxation and meditation. Within the poses there are five main movements: forward bending, backward bending, balance, twisting and inverting. Each lesson has a balanced range of movement.

Aims and Progression

A good yoga class always incorporates a warm up, poses, breathing, relaxation and meditation. It also has a well-balanced range of movements in every class. This is unlike PE where you could focus on one skill during a lesson. Due to this, the Energising Environments Unit has three aims. The first is specific to the lesson, and the second two are generic. The generic aims indicate the most fundamental aims of practising yoga which are to develop flexibility, strength, control and balance and also to develop mental alertness and calm.

This is a guide to the component parts of each lesson:

Getting Settled and Warm Up

- Bare feet, on a mat with space for each child to lie down. The warm up is a free-flowing part of the lesson. The children are encouraged to be creative and relaxed with their bodies.

Poses

- Children will be guided through a balanced series of yoga poses that exercise the body and mind in different ways. Each class will contain at least one of each of the core movements: forward bending, backward bending, inversion, balancing and twisting. There will be some hip opening and shoulder opening in each class.

Breathing

- Children will be taught specific breathing practices aimed at increasing breathing capacity and efficiency.

Relaxation

- Ensure children are comfortable and explain how lying still is part of their learning as they listen to a story. Explain children need to have space all around their body and have their eyes closed or focused on the ground. Children will be guided through a short relaxation.



Meditation

- Children will be guided by the PowerPoint and then sit quietly for up to a minute. Praise children on their focus and sharp senses that have helped them to keep their attention steady. After meditation, the children will briefly review the yoga journey, breathing and relaxation. They will be asked how they felt and what they experienced. Sometimes they may like to share what happened in their relaxation but always allow this to remain private if preferred.

Resources within This Unit

Presentation:

- PowerPoint leading you through warm up, poses, breathing, relaxation and meditation.

Lesson plan:

- Overview to each lesson.

Non-participation:

- Watch and Learn Activity Sheet.

Activity Sheets:

- Drawing Activity Sheet
- Matching Activity Sheet
- Story Writing Activity Sheet
- Recipe for a Pose
- Activity Cards
- Visual Lesson Plan (to support children who need to know what is happening next and to support independent revisiting of lesson).
- Watch and Learn Activity Sheet

Display:

- Display Photos Pack

Additional:

- Challenge Cards
- Planning Overview

Assessment:

- Assessment Pack (Assessment Grid: To guide expectations, assessment and next steps; Pre-Unit Assessment: five-minute assessment to gauge starting position; Tracker: a simple sheet to track progress; Post-Unit Assessment: five-minute assessment to gauge achievement within the course; Individual: detailed assessment sheet for individual children).
- Assessment Spreadsheet: document for logging children's progress.
- Self-Reflection Sheet: fifteen-minute written and drawn personal feedback.
- Jigsaw Targets: learning intention and success criteria overview for the unit.
- KWL Sheet: to record prior learning, learning desires and learning from the unit.

The collage features several key resources:

- Lesson 1 Coastal Caper:** A detailed lesson plan with sections for Learning Sequence, Warm Up, Breathing, and Yoga Poses (Warrior 1, Lizard, Pigeon, and Camel).
- Recipe for a Limpet Pose:** A worksheet with a drawing of a limpet and instructions for the pose, including safety reminders and preparation steps.
- Caper Match:** A matching activity where children connect yoga poses to their types of movements (e.g., Balance, Back Bend, Twist, Inversion).
- Caper Yoga Story:** A writing template for a story based on the poses, with a character named Caper and a list of poses to choose from.
- KS1 Yoga Coastal Caper:** A set of colorful cards for each pose, each with a simple illustration and a child-friendly mantra (e.g., "I move like small waves, I move like big waves").
- Yoga Coastal Caper:** A grid for tracking progress through various poses, with checkboxes for 'Exploring' and 'Breathing'.
- Coastal Caper Watch and Learn!** A grid for recording observations and facts about the poses, including sections for animal and climate facts.

Health and Safety

Check the environment for hazards and for aspects which may reduce the children's focus. The room needs to be a comfortable, warm temperature to help muscles relax. The space should be adequately lit and ventilated. If jumping and landing, children should be encouraged to bend the knees to ensure whole body health. Please follow your school's risk assessment when teaching PE.

Yoga should take place on non-slip mats with bare feet and comfortable clothing. There should be enough space for each child to lie down without touching others. Gymnastics mats can be used but ensure children do not take feet too wide to avoid slipping. Children should never participate in socks on polished surfaces. Poses should not be held for more than a few seconds. Each lesson contains five distinct aspects: warm up, poses, breathing, relaxation and meditation. To provide a balanced lesson each part must be covered.

Keep everybody safe!



Individual Circumstances

Wheelchair Users and Those with Limited Mobility

All poses can be adapted for children in wheelchairs and for those with limited mobility. Yoga is an excellent vehicle for prompting conversations about valuing diversity as often children with different mobility will have some very strong muscles sets to compensate. This can be empowering for children to experience. PSA staff can adapt poses and encourage the child to create their own version of the pose.

Attention Disorders

As children become familiar with the structure of lessons, they tend to settle well. Explaining the structure beforehand or offering the home activity sheets can provide the child with a sense of control which will allow them to take part more fully. Children with attention disorders sometimes benefit from jumping feet into and out of poses. This works well as long as a focus on calm steady movement is found during the pose.

Immune Disorders

Children with significant immune disorders and cancers, who move freely in day-to-day life are free to do so in yoga as well. However, the emphasis is on small, steady, stable poses. Particular attention should be paid to using breathing to guide strength of movement. Complex poses are not advised.

Hypermobility

Children who have hypermobile joints (can lock elbows and knees to extreme positions or exhibit double-jointed movements) need to focus on restraining movement to keep joints within a moderate range and engage muscles to support this. Engaging muscles and avoiding overextension will be beneficial to long-term health and stability.

Hints

We are all different and so is our yoga. When doing yoga, you will succeed by feeling good and breathing easily. Celebrate being you and doing 'your yoga'!



Glossary

strength

The ability to hold a yoga pose or to move smoothly and slowly between poses which will build strength. Children should work at their own level.

flexibility

The act of lengthening muscles and ligaments. It is good to stretch muscles but inadvisable to stretch ligaments unless under the one-to-one guide of a professional. For this reason, encourage children to move in a way that feels comfortable. Do not adjust poses physically, encourage children to 'push' into poses or encourage them to try harder or 'do better'. To be safe, encourage children to stay strong and steady rather than stretching. Many children are hypermobile and lack good muscle tone. Advising them to stretch more could lead to joint instability for the rest of their lives. Other children will have less flexibility. Encouraging them to stretch more can lead to frustration. Stretching strongly once a week is not nearly as effective as a little each day.

control

Control in yoga is not about replicating a pose perfectly but steadying appropriate muscles groups to maintain a variety of stable postures.

mat

Yoga mats area ideal. These can be cut in half to provide child-sized mats and to fit a whole class in. If this is not possible another non-slip mat can be used. This allows children to do floor poses with comfort and without getting too dirty.

lengthen spine

This means making a little space between each vertebra and does not mean lifting the shoulders up.

arch

In all fours, the act of lifting the back of the waist up towards the ceiling.

dip

In all fours, the act of dipping the back of the waist down towards the floor.

good posture

Posture where the spine can lengthen. In standing, this includes having a small space between feet and arms by the side. In sitting, it may involve the knees being bent to maintain natural back curves.

stretch

The act of lengthening a muscle group. Done so that a stretch can be felt whilst the breathing remains even. Children should not stretch so far that they cannot breathe easily.

all fours

On hands and knees, with hands placed underneath shoulders and knees placed underneath hip joints. Hands should be shoulder-width apart. Thighs should be parallel to one another.

Hints

Using a calm and soothing manner and voice will allow children to relax and increase the impact of the lesson.

