



PE Knowledge Organiser

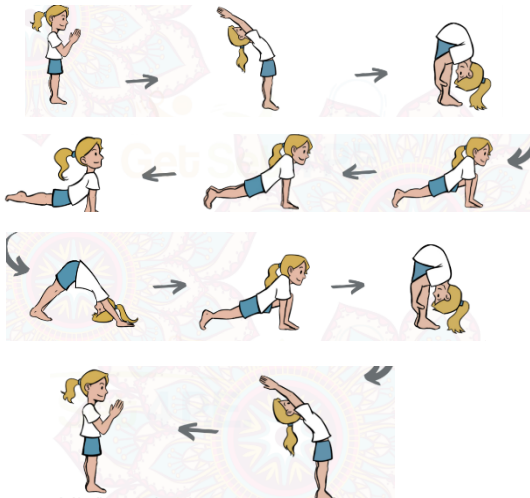
Year 5: Spring Term

Yoga

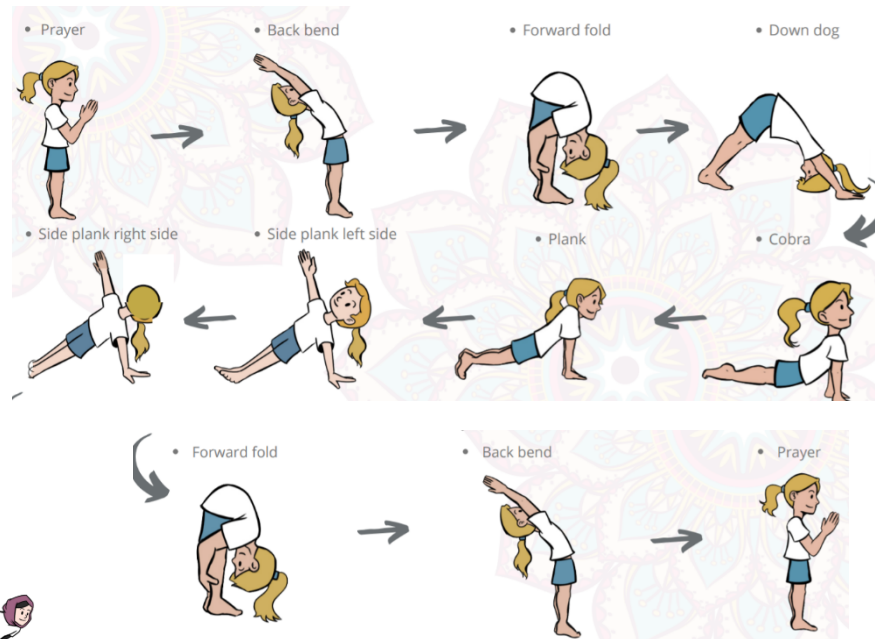
Key Knowledge and Skills:

The Sun Salutation Flow:

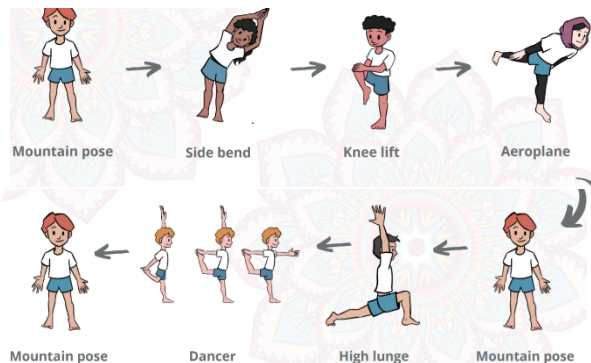
Mountain pose – back bend - forward fold – lunge - plank pose – cobra pose – down dog – lunge - forward fold – back bend - mountain pose.



Strength Flow:



Balance Flow:



Creating a flow:

- Link poses that flow fluidly.
- Focus on something still to help you balance.
- Decide how many breaths to hold each pose for.

Key Vocabulary:

Vocabulary:	Definition:
Flow	Energetic movement through a series of yoga poses and postures.
Mindfulness	Being aware of the present moment and accepting one's feelings and thoughts.
Balance	Remaining upright and steady.
Flexibility	Bending easily without breaking.
Core	Exercise that involves the use of your abdominal (tummy) and back muscles.

- Yoga is not just about the poses but the journey from one pose to the next. Take great care when transitioning.
- Move with control in time with your breath.
- Move into and through each pose slowly and fluidly.
- Squeezing your muscles will help you to stay balanced and stable.
- Before and after yoga, put your hands together and say 'namaste'.

