



PE Knowledge Organiser

Year 2: Summer Term

Yoga

Key Knowledge and Skills:

What is Yoga?

- Yoga is a full mind and body exercise.
- It helps to develop our flexibility.
- We start every Yoga session by saying "Namaste."
- We breathe in through our nose and out through our mouth (inhale and exhale).



Ocean Poses:



dolphin



seal



turtle



jellyfish



starfish



boat

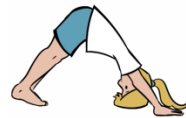
Arctic Poses:



boat



seal



iceberg



bear



moon

Safari Poses:



cobra



elephant



lion

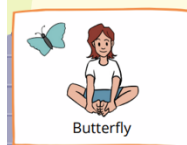


giraffe



tree

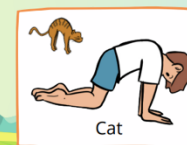
Farmyard Poses:



Butterfly



Cow



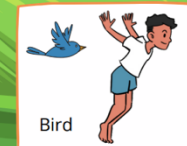
Cat



Dog



Goat

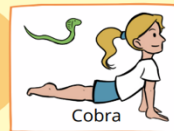


Bird

Desert Poses:



Bird



Cobra



Desert fox



Camel



Stick insect



Sand dune

Key Vocabulary:

Vocabulary:	Definition:
Namaste	Greetings to you.
Flexibility	Bending easily.
Fluidity	To move smoothly from one pose to the next.
Technique	Skill or ability.
Pose	A way of standing or sitting when in a still position.
Balance	To remain upright and steady.
Posture	The way of holding your body when standing or sitting.
Flow	A series of poses put together to create a sequence.

Superhero Poses:



Superman



Wonder woman



Batman



Cat woman



Spider woman



Super woman



Bat girl



Spiderman

Remember to order your poses so they flow easily from one to another. Focus on something still and squeeze your muscles. Control your breathing.