



# YOGA KNOWLEDGE ORGANISER

KS1



## Overview

-Yoga is the name for a type of exercise that helps our mind and body.

-In yoga, we put our body into different positions and hold different postures (astanas).

-It can help to build strength and flexibility, and can make us feel good.

-‘Namaste’ is a word that is often used in yoga. It is the way that we say hello/ goodbye, and is how we thank each other for a yoga session.

Yoga originally came from India.



## Social and Emotional

### Planning

Planning helps us to think about how we are going to achieve tasks before we perform them. We should plan actions, poses and movements in advance.

### Selecting and Applying

There are a huge range of different yoga movements and poses that we can perform. We should select and apply those to develop routines and ideas.

### Keeping Safe

Follow the rules and listen to the instructor’s advice. Use a mat and apparatus safely.



### Building Confidence

Some yoga poses can be difficult or uncomfortable. It is important that we believe in ourselves and build confidence before attempting poses.

### Focus and Perseverance

Focus is all about putting all of our concentration into something, to do our best to get it right. Perseverance is about keeping going even when something is difficult or tiring.

### Teamwork

It is important to be mindful of others, and to understand that they have different ideas and experiences. We should work well with others to create routines with a clear flow.

## Key Vocabulary

Yoga

Body

Mind

Namaste

Strength

Flexibility

Mindfulness

Wellbeing

Astana

Position

Posture

Pose

Routine

## Physical (there are many different physical poses that children may perform, these are examples)

Skill	Definition	How do I do this?
 <p>Starfish Pose</p>	To create the impression of a starfish spreading.	<ul style="list-style-type: none"> <li>-Stretch your arms out as wide as possible.</li> <li>-Stretch your legs further than shoulder width apart, keeping both feet planted on the floor.</li> </ul>
 <p>Boat Pose</p>	To create the impression of floating like a boat.	<ul style="list-style-type: none"> <li>-Balance on your bottom, lifting your hands and feet off the floor. Using your stomach muscles to stay as still as you can. You can make this easier by putting your hands on the floor.</li> </ul>
 <p>Seal Pose</p>	To create the impression of lying like a seal.	<ul style="list-style-type: none"> <li>-Lie on your front, belly on the mat.</li> <li>-Push your top end up on hands, as far as feels comfortable, curving the back.</li> </ul>
 <p>Tree Pose</p>	To create the impression of standing tall like a tree.	<ul style="list-style-type: none"> <li>-Choose a standing leg. Try to lift the foot of your non-standing leg to the inner thigh of your standing leg. Open your hips by turning your knee on your non-standing leg sideways.</li> </ul>
 <p>Dog Pose</p>	To create the impression of a dog looking between its legs.	<ul style="list-style-type: none"> <li>-Keep feet firmly on the floor, legs straight. Put palms of hands on the floor and make an arc. Look through legs. Hips up and back, flat back.</li> </ul>

## Thinking/ Strategic

### Namaste

This is used to say hello, goodbye and thank you in yoga. Place your hands together, palm to palm. Your hands should be directly in front of your chest. Bow your head and say ‘Namaste.’



### Good Sitting

This is the right position for active listening. Sit with legs crossed and back straight. Hands should be resting on knees, with palms facing upwards. Touch index finger and thumb together.



-You should be able to order poses so that they flow easily from one to the other. Once in a pose, hold still for at least 3 breaths in and 3 breaths out.

-Closing your eyes helps you to focus on your other senses.

-Control is when you hold positions and poses carefully. Tense your muscles to help control your movements and balances.

## Health and Safety

Exercise in safe spaces. Be mindful of others.

Make sure that you are mindful of who/ what is around you.

Warm up properly including stretching your muscles.

Build up to more difficult poses over time.

When your partner is trying tricky moves, make sure that you are watching carefully.

Make sure that apparatus/ mats are set up properly.

Make sure that apparatus is put away properly.

Warm down after exercising.

Remove jewellery and wear suitable clothing/ equipment.