



Get Set 4 Education

Knowledge Organiser Yoga Year 3

About this Unit

Yoga helps our bodies and our minds. We use poses (like balances) to create sequences of movement, called a flow. Throughout the unit we will look at three key ways that yoga can help our body: improving our balance, flexibility and strength. We will also be thinking about how yoga can help develop mindfulness. Imagine your mind is like a snow globe. When you shake the globe (like if you feel excited or upset), the snow moves around. Mindfulness is like letting the snow settle down. Try taking a deep breath in and as you breathe out, the snow starts to settle, your mind becomes clear and calm.



How might these poses help our bodies?



Key Vocabulary

base: body parts that support weight

breath: moving air in and out of your body

contact: points of your body that touch the floor

control: being able to perform a skill with good technique

extend: to make longer

flexibility: the ability of muscles and joints to move through a range of motion

flow: a yoga sequence

hinge: movement from a joint e.g. hips

link: to join together

mindfulness: to bring attention to experiences occurring in the present moment

pose: a position, usually still

strength: the amount of force your body can use

stretch: reach

tilt: move to one side



Ladder Knowledge



Balance:

Use the whole of the body part in contact with the floor, it will help you to balance.

Flexibility:

If you move as you breathe out you can stretch a little bit further.

Strength:

You will need to use different body parts and muscles for different poses.

Movement Skills

- balance
- flexibility
- strength
- co-ordination

This unit will also help you to develop other important skills.

Social

collaboration, share ideas, work safely, support others

Emotional

honesty, confidence, awareness of others, perseverance

Thinking

comprehension, select and apply, identify areas of strength and areas for development, reflection

Strategies

Use your breath to help you to focus.

Your breath can be like a superpower for your brain. Your brain loves it when you take big, deep breaths. Imagine your brain is like a busy playground, with lots of thoughts running around. Sometimes, these thoughts can make it hard to pay attention or feel calm.

Here's where your breath swoops in. When you take slow, deep breaths, it's like you're telling your brain to take a break helping your brain relax and focus.

When you're doing your homework, playing a game, or even feeling a bit wiggly, remember to take a few deep breaths. Your brain will thank you!

Healthy Participation



- No shoes or socks to make sure you do not slip.
- Listen to your body, be mindful not to over extend and stop if a pose is uncomfortable.
- Stretch slowly and breathe deeply, never force a pose.

If you enjoy this unit why not see if there is a yoga club in your local area.



How will this unit help your body?

balance, co-ordination, flexibility, strength

Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk



A pose that...

What you need: a flat space



How to play:

- Practise each of the poses above.
- Using the following statements, choose a pose that:
 - You found the easiest to do
 - You found the most challenging
 - Uses four body parts in contact with the ground
 - Stretched your back
- Decide on an order for the four poses you have selected and perform them as a flow (linking the four poses together).

Remember to move slowly and breathe deeply.

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Head to our youtube channel to watch the skills videos for this unit.



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