

Yoga Knowledge Organiser - Year 3

Prior Learning: In year 2, children learned the basic Yoga poses. They recapped about having a strong tummy (core strength). They learned some relaxation time techniques. They made up their own Yoga story (using the poses) and taught them to another group.

Key Skills

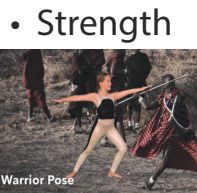
Physical Me

- Yoga poses: Encourage children to try the extended yoga poses. Examples below:

- Flexibility
- Core Strength
- Power



- Balance



- Strength

- Control

Thinking Me

- Begin to evaluate my performance
- Begin to recognise own success

Value Me:

- Perseverance
- Determination

Healthy Me:

-It feels good to have a strong, flexible body that can do all the things you enjoy — like running, jumping, and playing with your friends.

Social & Emotional Me

- Communicating with others
- Mini Coach
- Demonstrating to a small group

Key Knowledge

Core strength- Using tummy strength to hold you in position

Breathing- Breathe in through your nose and out through your nose. Breathing helps us relax.

Relaxation - Is a state your body can learn where it is soft and loose and your mind is free from stress. When we are relaxed, we can easily replace negative thoughts with positive ones



Key Vocabulary

Core Strength

Breathing

Concentrate

Challenge

Focus

Core Strength

Relaxation