



## Yoga for schools

### Progression of key skills

#### **Reception**

Experiment with different Yoga poses both static and moving

Begin short relaxation games

Create different shapes with their body

Challenge themselves to make up their own animal poses Perform Sun Pose (beginning of sun salutations)

Listen to the Yoga story and create poses

Explore rest pose to begin relaxation

#### **Year 1**

Perform basic Yoga poses with some balance

Begin to relax the body in rest pose

Perform Sun Pose (sun salutations)

To try some of the challenge poses

Make up a story with some Yoga poses

#### **Year 2**

Perform Yoga poses, beginning to use tummy muscles, core strength, flexibility, balance and control.

Relax in rest pose and begin to focus on the breath

To perform more challenge poses

Make up stories using yoga poses

### **Year 3**

Perform more complex Yoga poses showing control and increased flexibility

Sit in a relaxing pose and begin to focus on the breath

Perform Yoga poses in a sequence

Improve balance through games

Collaborate to create a Yoga routine

### **Year 4**

Perform more complex yoga poses developing core strength and good flexibility

Begin to focus on breathing in more than one pose

Perform individual poses to build up towards sequencing

To perform the challenging poses in games with control and fluency

Collaborate to create a Yoga routine and teach the routine to others

### **Year 5**

Perform more complex Yoga poses with control, core strength and flexibility

Perform a variety of poses using breathing techniques and use them in relaxation time

Remember and perform different yoga sequences

Perform the extended poses

Collaborate in a group to create a Yoga routine of 7 poses

### **Year 6**

Perform complex Yoga poses with good core strength, flexibility and balance for longer periods of time on each pose

Perform all poses and remembering to use breathing techniques when performing them

Perform different types of yoga sequences including all the sun salutations Collaborate

in a group to create a yoga routine with 12 poses

## Reception

Yoga Vocabulary: March, balance, hold, move, listen, poses, breath, relaxation, belly breath, nose breathing, parts of the body and

## Learning intention

### Children learn:

- Yoga through stories, games and themes.
- Relaxation and breathing techniques during classes.
- How to challenge themselves in Yoga.
- How to perform yoga poses with flexibility and control.
- Learn some basic Yoga poses.
- How to be able to settle themselves by exploring breathing.
- Explore balance through poses and games.
- Singing in poses to encourage movement.
- Master basic movements such as jumping, crawling, hopping, walking on tippy toes and marching.
- Demonstrate agility, balance and co-ordination.
- Develop gross and finer motor skills
- Basic partner work to develop positive touch and communication

Through story and themes children will learn,

Compassion

Friendships

Empathy

Love

Emotions

Being kind to ourselves and others

Outer space and the planets

Rainforest

Ocean animals

Animals

Transportation

Arctic animals

Caring for our planet

Dinosaurs

Countries of the world

Chinese New Year

Shapes

Seasons

**Breathing Techniques, belly breathing, snake breath, feather breathing, flower breathing, breathing bubbles, bumblebee breath, five finger breath, butterfly breath and ocean breath.**

## Year 1

Yoga vocabulary: Yoga poses, muscles, stretch, breath, power, strength, ribs, lungs, tension, relax, heart and support.

Learning intention Children

will learn:

- Yoga poses through themes and games
- Explore more yoga sequences
- Relaxation and breathing techniques
- How to challenge themselves through yoga
- Focus on their breathing and feelings
- Experience introductory meditation
- Develop more strength holding poses for a short period of time
- Explore the breath through games and partner work
- Partner work to create trust, listening skills, communication and strength
- How to work with a partner to perform yoga poses
- Simple massage techniques to calm the body and mind
- Create their own yoga poses
- Identify emotions and honor all feelings
- Master basic movements
- Demonstrate agility, balance and co-ordination.
- Develop gross and finer motor skills
- Improve posture
- Body awareness

Through themes children will learn:

Friendships

Shapes

African animals

Emotions

Superhero poses

Easter

Love

Weather

Seasons

Compassion

Chinese New Year

Weather

Empathy

Halloween

Christmas

Muscles of the body

Animal life cycles

Connection

**Breathing techniques, shapes breathing, one nostril breathing, partner breathing, superhero breathing, bunny breathing, ear rub and breath, tummy breathing and balloon breathing.**



## Year 2

Yoga vocabulary: breathe, control, strong, core strength, balance, focus, kindness, throat, bones, rib cage, pelvis and belly button.

### Learning intention

#### Children will learn:

- Yoga poses through themes and games
- An introduction to yoga props
- How to strengthen the hands and the feet
- Simple head and face massage techniques to calm the mind and body
- Develop skills of relaxation, meditation and breathing techniques
- Perform a yoga sequence with a partner and a group
- Focus on improving yoga poses
- Create their own yoga poses and a create short sequences for a story
- Bringing focus into balancing poses and holding them longer
- Performing sun salutations for warm up
- Create their own yoga poses
- Identify emotions and honor all feelings
- Master basic movements
- Demonstrate agility, balance and co-ordination.
- Develop gross and finer motor skills
- Improve posture
- Body awareness
- Exploring different ways of sitting and walking in yoga

#### Through themes children will learn:

Friendships	Human Skeleton	Balancing poses
Emotions	Earth Day	Easter
Love	Dessert animals	Seasons
Compassion	Chinese New Year	Kindness Yoga
Empathy	Halloween	Christmas
Muscles of the body	Yoga blocks Yoga	All about the breath

[Breathing techniques, ocean breath, 7-11 breath, rainbow breath, volcano breath, breathing with props, dragon fire breath, tumble dryer breath, ch- ch- ch train breath and cooling breath.](#)

### Year 3

**Yoga vocabulary: core strength, breathing, concentrate, challenge, focus, relaxation, heart, gentle, power, calm, shoulders, meditation, open and closed.**

#### **Learning intention**

#### **Children will learn:**

- **Yoga through themes and games**
- **Mindfulness activities**
- **Yoga with props**
- **How to bring focus into challenging poses showing control and increased flexibility**
- **More in depth work on the body anatomy**
- **How to calm the mind with relaxation and breathing techniques**
- **Create a yoga sequence with a partner or a group**
- **Massage techniques with a partner or in a group**
- **Explore new yoga poses with a power theme**
- **Remembering yoga poses and sequencing**
- **Develop body awareness**
- **Learn how to use their bodies in a healthy way**
- **Manage stress through breathing, awareness, meditation and healthy movement**
- **Build concentration**
- **Increase their confidence and positive self-image**
- **Partner yoga and creating group yoga poses**
- **Exploring how poses make them feel, what is their favorite pose and create their own pose to match a theme**
- **Exploring mandalas**
- **Exploring yoga and the chair**

#### **Through themes children will learn:**

<b>Friendships</b>	<b>Favorite yoga poses</b>	<b>Scarf yoga</b>
<b>Emotions</b>	<b>Alphabet yoga</b>	<b>Easter</b>
<b>Love</b>	<b>Partner yoga</b>	<b>Seasons</b>
<b>Compassion</b>	<b>Chinese New Year</b>	<b>Sun salutations yoga</b>
<b>Empathy</b>	<b>Halloween</b>	<b>Christmas</b>
<b>Birds around the world Yoga</b>	<b>Mandala yoga</b>	<b>Chair yoga</b>

## Year 4

Breathing techniques, blow out the candle, deep belly breathing, shoulder roll breath, breathing beads, mountain breathing and partner breaths.

Yoga vocabulary: perform, tense, flexibility, position, balance, strength, abdominal, rotate, pelvis, partnership, support, courage and affirmations.

### Learning intention

#### Children will learn:

- Yoga poses through themes and games
- Bring a focus to the breath around the body
- To develop strength and courage in yoga
- Develop compassion through practicing yoga
- Understanding that being kind to yourself and others
- Observe how our bodies and mind feels in the moment
- Pay attention and notice how the breath feels in the body
- Beginning to learn new yoga sequences with more poses
- Developing relaxation and breathing techniques
- Music and yoga movement
- Partner yoga games
- Explore yoga poses that improve flexibility
- Range of motions in joints
- How to calm the body and heart
- completing a yoga circuit with all elements of yoga at each station, breathing, meditation, strengthen feet muscles, relaxation, yoga poses, focus, positive affirmations and create you own pose
- chair yoga
- yoga with props
- Creating their own breathing tools

#### Through themes children will learn:

Friendships	Create your own yoga game	Stretchy band yoga
Emotions	Positive affirmations yoga	Easter
Love	Partner yoga	Seasons
Compassion	Chinese New Year	Sequencing yoga
Empathy	Halloween	Christmas
Feet yoga	Circus yoga	Chair yoga

Breathing techniques, knee hug breathing, self-hug breathing, woodchopper breathing, seated cat and cow breathing, whale breathing, cactus arms breathing and 3-part breathing.

## Year 5

Yoga vocabulary: sun salutation, moon salutation, warrior sequence, fluency, feedback, sequence, extended, create, strength, sacrum, hips, muscles, spine, inhale and exhale.

### Learning intention

#### Children will learn:

- Yoga poses through themes and games
- Relaxation and breathing techniques they can use everyday
- Complex yoga poses
- Yoga poses and the breath
- Create your own yoga sequence with partner or a group to a story or a theme
- Reflect on what they have learnt before in yoga classes
- Give feedback on how yoga poses, breathing techniques and mediations feel
- How to warm up the body before yoga and teach it to a partner
- How to perform the extended version of the yoga pose
- How we can use positive affirmations in our day
- How what we eat, read and listen to can affect the body and mind
- Yoga that creates strength in the body and mind
- An introduction to yoga philosophy around the body and mind
- Balance and visualization
- Dynamic yoga
- Self-massage, partner massage and group massage
- Partner yoga and games
- The six movements of the spine
- Back bends
- Joints

#### Through themes children will learn:

Friendships	Yoga circuit yoga	Stretchy band yoga
Emotions	All about the breath	Positive thinking yoga
Love	Partner yoga	Seasons
Compassion	Mandala yoga	Energy & elements yoga
Empathy	Halloween	12 days of Christmas
Spine yoga	Skeleton puzzle yoga	Chair yoga

Breathing techniques, crocodile breath, heart breath, om breath, alternative nostril breath, balloon breath, singing bowl breath and square breath.

Yoga vocabulary: counterbalance, technique, eight limbs of yoga, brain, thinking brain, flipping your lid, little brain, brain stem, heart beating, core strength, evaluate and sleep,

## Year 6

### Learning intention

#### Children will learn:

- Yoga through themes, meditation, games and relaxation
- Breathing techniques to use everyday
- Creating breathing props to aid concentration and the breath
- Movement and breath
- Complex poses focusing on the control, core Strength and flexibility
- Focusing on breath and yoga poses
- Remembering all poses in a sequence
- Linking yoga poses together
- Learn about the brain and how it is connected to our emotions
- Learning the different parts of the brain, flipping the lid
- Collaborate in a group to create sequences or a yoga story
- Twisting and stretching
- Partner poses
- Visualisation
- Eight limbs of yoga (how can we bring yoga into our everyday lives)
- How we speak to ourselves
- Elevate their own yoga journey and share ideas
- Jenga yoga
- Partner poses creating poses safely
- How to instruct others safely in and out of a yoga pose

#### Through themes children will learn:

Friendships	Create your own yoga circuit yoga	Stretchy band yoga
Emotions	Brain yoga	Jenga yoga
Love	Partner yoga	Seasons
Compassion	Mandala yoga	Grounding yoga
Empathy	Chilled out Yoga	new beginnings yoga
Eight yoga	Yoga for strength	Chair yoga

Breathing techniques, feelings breath, be the pond breath, ha breath, breathing bracelets, bubble breath, colours breath, leaf breathing, partner breath and square breath.

#### The benefits of Yoga in the school

**Yoga and mindfulness provide so many benefits including supporting learning, healing, stress release and everyday day life.**

**Mental and physical well-being is carefully nurtured. This is achieved through noticing and controlling the breath, moving and resting the body and developing an awareness of the mind's chitter chatter through mediation and mindful practices.**

**Supporting children's physical wellbeing, the movements practiced in a yoga class are much more than just stretching. They open the channels of energy throughout the body, increasing flexibility of the spine, strengthening bones and stimulating the circulatory and immune systems. Along with proper breathing, these poses also calm the mind and reduce stress.**

**A regular yoga practice helps with overall physical and mental health.**

**Breathing, emotional development and awareness. Yogic breathing increases lung capacity as well as strengthening and toning the entire respiratory and nervous systems. Deepening the breath brings more oxygen to the body through the blood stream. Breathing is one of the most important foundations of our well-being.**

**Mindfulness and mental health. Mindfulness helps children develop healthy responses to the chaotic world around them. It also helps them deal with their own emotional responses to the world. Mindfulness has been seen to decrease stress and attention deficit issues, depression, anxiety and even hostility in children. Research shows that mindfulness training also develops social-emotional awareness, memory and learning body awareness and co-ordination and interpersonal skills.**

**Skills for life. By taking part in a yoga class children develop inter and intrapersonal skills. A regular yoga practice offers effective help for learning disorders, hyperactivity, stress and lack of exercise. Yoga also increases self-confidence.**

## **How yoga benefits children**

- **Improves posture, flexibility, strength, balance, coordination and motor skills.**
- **Helps children recognise and honor all emotions, learning to trust their instincts**
- **Teaches breathing techniques that increase energy and decrease anxiety providing effective coping strategies.**
- **Increases body awareness as we explore our anatomy and benefits of the poses**
- **Teaches relaxation and stress management techniques for school and home**
- **Nurtures self-esteem, confidence and imagination**
- **Builds a foundation for lifelong well being**
- **Its noncompetitive and honors each child's unique way of absorbing and integrating information**
- **Provides techniques to quiet the mind and sharpen focus and concentration**
- **Endorses healthy choices and lifestyle**
- **Balances and coordinates the brain**
- **Encourages positive thinking and motivation to learn**
- **Improves grades and reading skills**
- **Aids better sleep**
- **Promotes a sense of peace, within and without**
- **Allows for playfulness and collaboration in the learning process**
- **Allows children to learn to respect themselves, others and the world around them, encouraging the acceptance of differences**
- **Trains the sense of balance and as a result boost overall health and physical fitness**