



Year 1 - Autumn - PE Knowledge Organiser– Yoga

What I already know...

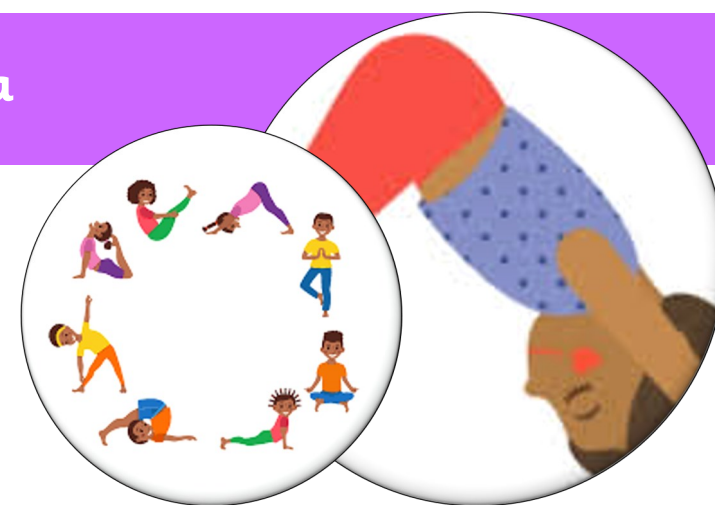
Last year we spent a lot of time developing our gross motor skills . We were taught to negotiate space and obstacles safely and with consideration of others. We began to demonstrate strength, balance and coordination when playing. We learnt how to listen carefully and copy movements. We learned to be confident, hold shapes and show them to others. We also worked on determination, perseverance and control.

What I will learn...

- Children will learn develop balance, agility and co-ordination, and begin to apply these in a range of activities.
- To understand what neutral spine position is and to hold still with good control for at least 3 seconds focusing on Breathing ,Balance , Flexibility & Strength
- To develop social skills: working safely, sharing ideas, leadership and thinking skills: selecting actions, comprehension, focus
- To understand what their core muscles are and how they help to strengthen their poses and travel movements
- To understand how to slow their breathing down and how this can help with calming them down and having better control of their poses and therefore develop emotional skills such as calmness, patience and understanding
- To understand what flexibility is (how stretchy we are) and how that helps with movement and holding of their poses.

Key Vocabulary

Pilates	Pilates is a body conditioning routine that helps to build strength, endurance, flexibility and coordination
Mindfulness	The process of purposely bringing one ' s attention to experiences occurring in the present moment.
Spine	The backbone—the vertebrates extending from base of skull to the base of the back
Hold/Pose	To stand still in a position
Core muscles	Major muscles held in centre of the body
Breathing	To take in air to the lungs and expel through the nose or mouth
Stretch	To straighten a muscle or part of the body
Balance	To move with control around a space
Flexibility	The ability to bend your body
Space	To stand/move to an area where



Making a difference at The Merton

As children develop their flexibility, balance, co-ordination and strength skills they begin to feel the link between physical well-being and mental wellbeing by focusing on their breathing and calmness of mind. Alongside physical movement/poses. Children will understand the basic concept of Pilates and yoga and how to hold their bodies with good core strength and body tension in a variety of different poses and travel movements. . We will gain an understanding of how our bodies can move and also how to hold poses with good control and concentration and learn to share and perform for the benefit of

Making a difference at home

Stretching your muscles and excising your heart and lungs is good for you physically. Taking time to notice your breaths in and out calms the mind. Share what you have learned at school with your family and friends. Maybe they will be encouraged to improve their own health by taking part in yoga, Pilates or even going to a mindful walk outdoors.