**Year 1 P.E. Curriculum – Summer Term 1**

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| **Theme:** | | | | | | | |
| **Curriculum objectives** | | **Vocabulary** | | | | | **Links across the curriculum** |
| Yoga  To explore yoga and mindfulness. To be able to copy and remember poses. To develop flexibility when holding poses. To develop balance whilst holding poses. To create yoga poses using a hoop. To create a yoga flow with a partner. | | **Keyword** | Definition |  |  | | PSHE - Mindfulness |
| mindfulness | Being aware of your surroundings |  |  | |
| flexibility | Being able to bend in different ways |  |  | |
| poses | How you show your body in different structures |  |  | |
| balance | Stay upright and steady |  |  | |
| stability | Being stable |  |  | |
| **Prior Learning:**    To copy and create shapes with your body  To explore balance, stability and landing safely. | | | | **Future Learning:**    To copy and repeat yoga poses. To develop an awareness of strength when completing yoga poses. To develop an awareness of flexibility when completing yoga poses. To copy and remember actions linking them into a flow. To create a flow and teach it to a partner. To explore poses and create a yoga flow. | | | |
| **Lesson Sequence** | **Key Knowledge** | | | | | **Key Skills** | |
| To explore yoga and mindfulness | Social: To move safely around others.  Emotional: To show focus and concentration when completing breathing exercises.  Thinking: To recognise how yoga makes me feel. | | | | | Match the poses to the story | |
| To be able to copy and remember poses | Social: To move safely around others.  Emotional: To work with focus.  Thinking: To remember and perform the correct action for the instruction given. | | | | | Breathe as you hold your poses to help you to stretch further and stay balanced. | |
| To develop flexibility when holding poses | Social: To listen to other people's creative input.  Emotional: To focus on my own actions.  Thinking: To notice my breathing when in yoga poses. | | | | | Stretch a little further each breath. | |
| To develop balance whilst holding poses | Social: To work with others and share ideas.  Emotional: To focus on my own actions and movements.  Thinking: To create our own sequence of movements. | | | | | Focus on something still  Use your breath to help you to remain stable | |
| To create yoga poses using a hoop | Social: To make sensible decisions to keep myself and others safe.  Emotional: To focus and try my best.  Thinking: To select and apply the poses learnt | | | | | Concentrate on breathing whilst in the pose.  Focus on something still when balancing | |
| To create a yoga flow with a partner | Social: To be able to share resources with others.  Emotional: To identify how yoga makes me feel.  Thinking: To be able to match the poses I see on a resource card | | | | | Hold each pose for three breaths in and out. | |