**Year 2 P.E. Curriculum – Summer Term 1**

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| **Theme:** | | | | | | | |
| **Curriculum objectives** | | **Vocabulary** | | | | | **Links across the curriculum** |
| Yoga  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. | | **Keyword** | Definition |  |  | | PSHE - Mindfulness |
| strength | To show how strong you are |  |  | |
| flexibility | The ability to bend in different ways |  |  | |
| poses | Showing your body as a structure |  |  | |
| Controlled breathing | Focussing on breathing in and out in a consistent way |  |  | |
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| **Prior Learning:**    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. | | | | **Future Learning:**    Yoga  To explore connecting breath and movement. To explore new yoga poses and begin to connect them. To explore gratitude when remembering and repeating a yoga flow. To develop flexibility and strength in a positive summer flow. To develop flexibility in an individual yoga flow. To develop confidence and strength in arm balances. | | | |
| **Lesson Sequence** | **Key Knowledge** | | | | | **Key Skills** | |
| To copy and repeat yoga poses | Social: To be respectful of other people's learning and not distract them.  Emotional: To be confident to share my ideas.  Thinking: To suggest ideas for poses. | | | | | Breathe in and out slowly when in your yoga poses. | |
| To develop an awareness of strength when completing yoga poses | Social: To lead a small group safely around the space.  Emotional: To try my best.  Thinking: To recall and select poses from the poses we have learnt. | | | | | Concentrate on breathing whilst in the pose. | |
| To develop an awareness of flexibility when completing yoga poses | Social: To move safely around others.  Emotional: To show honesty when playing games.  Thinking: To understand and follow instructions. | | | | | Use controlled breathing in through your nose and out through your mouth.  When breathing out, try to stretch a little further. | |
| To copy and remember actions linking them into a flow | Social: To work with others, sharing ideas to create a flow.  Emotional: To show confidence to share my ideas with the class.  Thinking: To make quick decisions with others to solve a challenge | | | | | Order poses so that they flow easily from one to the other.  Work with your partner, sharing ideas and listening to each other | |
| To create a flow, perform and teach it to a partner | Social: To teach a partner using clear instructions.  Emotional: To sit calmly and focus on one thing.  Thinking: To think of my own ideas to create a desert flow | | | | | Be clear when giving your instructions so that your partner knows what to do.  Order poses so that they flow easily from one to the other. | |
| To explore poses and create a yoga flow | Social: To lead others, demonstrating a yoga pose for them to copy.  Emotional: To identify how yoga makes me feel.  Thinking: To reflect on learning. | | | | | Order poses so that they flow easily from one to the other.  Work with your partner, sharing ideas and listening to each other | |