



YOGA

KNOWLEDGE ORGANISER

KS2



Overview

-Yoga is the name for a type of exercise that helps our mind and body.

-In yoga, we put our body into different positions and hold different postures (astanas).

-It can help to build strength and flexibility, and can make us feel good.

-‘Namaste’ is a word that is often used in yoga. It is the way that we say hello/ goodbye, and is how we thank each other for a yoga session.

Yoga originally came from India. It is used to help people to stay physically and mentally healthy.



Social and Emotional

Planning

Planning helps us to think about how we are going to achieve tasks before we perform them. We should plan actions, poses and movements in advance to ensure that the flow works well.

Keeping Safe

Follow the rules and listen to the instructor’s advice. Use a mat and apparatus safely.



Focus and Perseverance

Focus is all about putting all of our concentration into something, to do our best to get it right. Yoga is all about focusing intently. Perseverance is about keeping going even when something is difficult or tiring.

Selecting and Applying

There are a huge range of different yoga movements and poses that we can select from. We should choose and apply those to develop routines and ideas in the most suitable ways.

Building Confidence

Some yoga poses can be difficult or uncomfortable. It is important that we believe in ourselves and build confidence before attempting poses our poses. Make sure that you support others, too!

Teamwork

It is important to be mindful of others, and to understand that they have different ideas and experiences. We should work well with others to create routines with a clear flow. Make sure that everyone gets a say!

Key Vocabulary

Yoga

Body

Mind

Namaste

Strength

Flexibility

Mindfulness

Wellbeing

Astana






Position

Posture

Pose

Routine

Physical (there are many different physical poses that children may perform, these are examples)

Skill	Definition	How do I do this?
 Triangle Pose	To create a pose like a long triangle with arms and legs.	-Start with your legs slightly wider than shoulder-width apart. Slowly bend forward, placing right hand down on the floor slightly inside and in front of your right foot. Twist your torso to stretch up high with opposite hand.
 Boat Pose	To create a pose like a boat floating steadily on a calm sea.	-Balance on your bottom, lifting your hands and feet off the floor. Tense your stomach muscles to stay as still as you possibly can. If possible, stretch your hands towards your legs, and keep legs as straight as possible.
 Cobra Pose	To create a pose like a cobra rearing up to the sound of music.	-Lie on your front, belly on the mat. Push your top end up off the floor using your hands, curving your back as far as feels comfortable. Straighten your arms to lift your chest and stomach off the mat.
 Camel Pose	To show a strong back and limbs, standing on knees like a camel.	-Begin by standing on your knees, hip-width apart. Place your hands on your lower back, fingers facing down and thumbs out. Draw elbows in and lift chest up and out. Allow the head to drift backwards.
 Dog Pose	To create a pose like a dog looking in between its legs.	-Keep feet firmly on the floor, legs straight. Walk your hands one hand length forwards. Put palms of hands on the floor and make an arc. Look through legs. Hips up and back, keep a flat back.

Thinking/ Strategic

Namaste

This is used to say hello, goodbye and thank you in yoga. Place your hands together, palm to palm. Your hands should be directly in front of your chest. Bow your head and say ‘Namaste.’



Good Sitting - This is the right position for active listening. Sit with legs crossed and back straight. Hands should be resting on knees, with palms facing upwards. Touch index finger and thumb together.



Breathing – remember to focus on breathing slowly – in through the nose and out through the mouth.

-You should be able to order poses so that they flow easily from one to the other. Once in a pose, hold still for at least 3 breaths in and 3 breaths out.

-Closing your eyes helps you to focus on your other senses and to fully take in your surroundings.

-Control is when you hold positions and poses carefully. Tense your muscles to help control your movements and balances.

Health and Safety

Exercise in safe spaces.
Be mindful of others.

Make sure that you are mindful of who/ what is around you.

Warm up properly including stretching your muscles.

Build up to more difficult poses over time.

When your partner is trying tricky moves, make sure that you are watching carefully.

Make sure that apparatus/ mats are set up properly.

Make sure that apparatus is put away properly.

Warm down after exercising.

Remove jewellery and wear suitable clothing/ equipment.