

Hazel, Pine and Willow Class- Yoga

- ❖ A variety of yoga poses from seated on the yoga mat, chair yoga, and standing poses.
- ❖ Modelling the group leader and/or yoga visuals
- ❖ Following a YouTube yoga sequence (for more advanced learners)
- ❖ Creating their own yoga sequence through use of visuals.
- ❖ Zones of regulation link
- ❖ Relaxation, focussing on deep breathing and calming techniques.

Term 3 PE: Yoga



Main Learning Intention

- ❖ **For all learners** to explore a variety of different body movements developing their balance, control and coordination.
- ❖ To engage in some mindfulness activities including deep breaths, calming music, sensory lights and videos.
- ❖ **For some learners** to begin to create their own sequence using visuals.
- ❖ To develop and demonstrate understanding of the zones of regulation.

Optional Home activities:

- ❖ YouTube Yoga Videos
- ❖ Deep breathing practices
- ❖ Stretching
- ❖ Exploration of emotions, understanding how we are feeling