



Reception Unit - Our Wonderful World Around us!

A fun and engaging introduction to Yoga practising animal poses through stories and games, with plenty of movement and energetic activities including:

- Exploring through the jungle to our favourite song!
- Becoming adventure fairies in the woodlands
- Practising becoming still, just for a few moments
- Using the breath in different ways
- Thinking about our different senses

Objectives

- 1 - Introduction to Yoga & Mindfulness
- 2 - Talking with your Hands
- 3 - To Explore Yoga Through Animal Poses
- 4 - To Develop our Imaginary Play Skills through Yoga
- 5 - To Practise Becoming Still
- 6 - Waking up the Senses - see, hear and touch

Poses include:

- Neat & Tidy • Sun Salutation • Giraffe • Elephant • Frog • Snake • Crocodile • Bat • Bear • Hedgehog • Owl • Fox • Bird

Activities include:

- The Star Story • Walking through the Jungle • 5 Finger Breath • Musical Shapes • Hot Air Balloon Adventure • Animal Senses

Every session ends with a guided relaxation specifically designed for the age, to help the children to relax together.



Year 1 Unit - Pirates & Mermaids at Sea!

The children are really immersed in this theme, adventuring under the sea and enjoying some fun and engaging activities including:

- Finding sea creatures and escaping the sharks!
- Sailing on a pirate ship and walking the plank
- A breathing activity brings calm in a fun way
- Talking about the importance of caring for ourselves and even practising a self-cuddle!

Objectives

- 1 - Introduction to Yoga & Mindfulness
- 2 - Noticing how our Bodies Feel
- 3 - To Develop our Imaginary Play Skills through Yoga
- 4 - To Practise a Simple Balance
- 5 - To Practise Becoming Still
- 6 - To Feel Good about Being You!

Poses include:

- Neat & Tidy • Pirate Sun Salutation • Crab • Dolphin • Star fish • Tree • Plank • Mermaid • Surfer • Turtle • Mountain • Forward Fold

Activities include:

- Mind the Shark! • Make a Pizza! • Seashell Breath • What's the Time Captain Pirate? • Under the Sea Traffic Lights • Self-cuddles



Year 2 Unit - I am Super!

To develop children's strength and confidence through Yoga, our superheroes theme engages the children in fun and active games and activities, including:

- Key skills needed for balancing super hero poses, such as flying like a superhero
- A hero hunt, looking for the many superheroes
- and firing kindness arrows towards any villains
- Developing bravery skills in a Power Elements Story

Objectives

- 1 - Introduction to Yoga & Mindfulness
- 2 - To be Strong like a Hero!
- 3 - To Practise Balancing for Focus
- 4 - To Notice Slow Movements in Yoga
- 5 - To Feel Brave through Practising Yoga
- 6 - To Develop Strength in our Minds and Bodies

Poses include:

- Squat (Spiderman) • Warrior III (Superman) • Triangle • Boat • Bat (Batman) • Lunge (kindness arrows) • Dog • Savasana (Corpse Pose)

Activities include:

- Fly like a Hero! • Musical Balances • Power Elements Story • Laser Eyes Breath • Pedal Laughing • Hero Hunt • Concentrating Corners





Year 3 Unit The Greatest Show!

To really engage children and develop their passion for Yoga, this theme focuses on fun, weaving in a circus theme throughout, activities include:

- Dance and Freeze practising brave dance moves
- Acrobat Breath feel-good breath
- Bug Pickin' Chimps' game (a favourite!)
- Heart opening poses - amazing for stress relief!

Objectives

- 1 - Introduction to Yoga & Mindfulness
- 2 - To Feel Enjoyment from the Practise of Yoga
- 3 - To Develop Strength & Determination Through Yoga
- 4 - To Work Co-operatively with Others
- 5 - To Enjoy how the Muscles Work to Hold a Pose
- 6 - To Pay Attention to, and Notice, how the Breath Feels in the Body

Poses include:

- Neat & Tidy • Sun Salutation • Dog • Low Lunge • Camel • Plank • Snake • Puppy • Extended Child's Pose • Forward Fold

Activities include:

- Circus Act Neat and Tidy Pose • Dance and Freeze • Acrobat Breath • Bug Pickin' Chimps Game • Balloon Breath • Sun Salutation

Every session ends with a guided relaxation specifically designed for the age, to help the children to relax together.



Year 4 Unit - Peaceful Warriors

Peaceful Warriors are strong, wise and thoughtful about their actions and the decisions they make. We aim to bring the wisdom of warriors in activities including:

- Strong poses requiring focus and determination
- Strength Breath to build strength and overall health
- Courageous Warriors Game
- Instilling the need for courage, patience, focus away from distractions, kindness and peace.

Objectives

- 1 - Introduction to Yoga & Mindfulness
- 2 - To Develop Strength and Courage Through Yoga
- 3 - To Feel Compassion Towards Others
- 4 - Understanding that Being Kind to Yourself, Spreads Kindness to Others
- 5 - To Observe how our Bodies & Minds Feel in the Moment
- 6 - To Pay Attention to & Notice how the Breath Feels in the Body

Poses include:

- Warrior I • Warrior II • Warrior III • Sun Salutation • Dog • Plank • Neat and Tidy • Low Lunge

Activities include:

- Dance and Freeze • Warrior Flow • Courageous Warriors • You at Your Best! • Strength Breath



Year 5 Unit - Celebrating and Embracing You!

Embracing the individual child through allowing them to value themselves, develop their self-esteem and feel confident to be them! This unit includes:

- New and challenging Yoga poses to build resilience
- The importance of being grateful for who we are, what we have and the world we live in
- Resilience Brain Gym to build resilience skills!
- The 'I Can do This' Breath to use in everyday life

Objectives

- 1 - To Introduce Yoga as an Approach to Life, Supporting a Healthy Lifestyle
- 2 - Developing Resilience Through Practising Yoga
- 3 - To Understand Gratitude and how to Practice it
- 4 - To Understand that Connecting the Breath can Make you Feel Good and Support Good Health
- 5 - To Feel and Enjoy how our Bodies Move
- 6 - To Take Good Care of Ourselves

Poses include:

- Easy Pose • Scissor Dog • Warrior III • Eagle • Lunge • Dancer • Dog • Sun Salutation

Activities include:

- Concentrating Corners • 'I Can do This' Breath • Gratitude Sun Salutation • Easy Pose





Year 6 Unit - Our Place in the Natural World

A deeper more holistic approach to learning Yoga & Mindfulness - how it forms an integral part of our lives and isn't just a physical exercise. We explore how Yoga supports a healthy lifestyle and complements all areas of life, bringing health, happiness and well-being. This unit includes:

- Climbing a metaphorical mountain thinking about the real-life skills needed for this achievement: such as resilience and strength
- The natural world is linked throughout as we explore our breath and the way it reaches all areas of our body, like the flow of a river
- Lively and fun activities which explore the ability to work well as a team, apply strength, focus, self-control and resilience using Yoga
- A deeper understanding of the breath- how it changes naturally and how we can change it to enhance relaxation, calm and focus
- Self-care throughout such as self-massage and Emotional Freedom Technique (tapping)
- Poems to encourage the opening of the mind to the beauty of the natural world

Objectives

- 1 - To Introduce Yoga as an Approach to Life Supporting a Healthy Lifestyle
- 2 - To Learn a Flow of Beginner Yoga Poses
- 3 - To Notice the Breath in the Body Supporting Movement and Mindfulness
- 4 - To Use the Breath During Yoga
- 5 - To Enter a Relaxed, yet Alert, State of Mind
- 6 - To be Aware that Humanity has a Responsibility to Care for the Earth and its Natural Resources

Poses include:

- Easy Pose • Sun Salutation • Dog • Lunge Pose • Tree • Star fish • Mountain • Scissor Dog • Plank • Dancer

Activities include:

- Concentrating Corners • Easy Pose • Creating a Mantra • Mexi-go Wave! • Belly Breathing • Sun Salutation • Courage Mountain
- Emotional Freedom Technique (tapping)

Every session ends with a guided relaxation specifically designed for the age, to help the children to relax together.

