



# AVANTI COURT

Excellence · Virtue · Devotion

## Yoga Yearly Overview Sept 2016

Year 1/2	Autumn 1	Autumn 1	Spring 1	Spring 2	Summer 1	Summer 2
<u>Lesson elements</u>	<u>Good sitting:</u> Sit up straight with legs crossed. Hands rest on knees in chin mudra.	Good sitting	Good sitting	Good sitting	Good sitting	Good sitting
<u>Stillness</u>						
<u>BreathAwareness/Pranayama</u>	Balloon breath; using hands to feel rise and fall of tummy.	Abdominal breath, without hands. Ladybird/soft toy to encourage.	Humming bee breath; Cover eyes (and ears) with elbows on knees. Inhale, then hum for entire exhale.	Gorilla breath. Inhale, then lightly beat chest for entire exhale.	Cooling breath: Form 'u' shape with tongue, inhale and exhale. Alternately, do same through closed teeth.	Cooling breath: Form 'u' shape with tongue, inhale and exhale. Alternately, do same through closed teeth.
<u>Asana/Posture work</u>	<u>Salute to the sun (suriya namaskar)</u> Learn transition into each posture in the sequence. Develop breath in movement. Improve alignment in each pose.	<u>Salute to the sun (suriya namaskar)</u> Learn transition into each posture in the sequence. Develop breath in movement. Improve alignment in each pose.	<u>Salute to the sun (suriya namaskar)</u> Learn transition into each posture in the sequence. Develop breath in movement. Improve alignment in each pose.	<u>Salute to the sun (suriya namaskar)</u> Learn transition into each posture in the sequence. Develop breath in movement. Improve alignment in each pose.	<u>Salute to the sun (suriya namaskar)</u> Learn transition into each posture in the sequence. Develop breath in movement. Improve alignment in each pose.	<u>Salute to the sun (suriya namaskar)</u> Learn transition into each posture in the sequence. Develop breath in movement. Improve alignment in each pose.
Twist	Explore range of seated twists e.g. Legs crossed, raised knee, thread needle flow		Explore range of prone twists e.g. Windscreen wiper knees, left over right.		Explore range of standing twists e.g. Wide leg fwd bend, shiva, dancer.	
Balance	Explore range of balances e.g. tree, dancer, flamingo, tip toes.					
Development games	Drum and Peep: Teacher turns back and beats drum whilst chn assume chosen posture	Sneaky trees: Chn creep up to teacher, then assume tree as she turns around.	Yogi says: As in Simon says- instruct chn to do pose. If not preceed with Yogi says, chn are out.	Musical postures: As in musical statues, chn dance then pose in a balance, as music stops. Winners are stillest chn.	Flower game: All sit in flower posture. One child sits at front, back to class. 5 instruments placed behind. Volunteers creep up to 'steal' instrument.	Mirror Mirror: Children dance as music plays. When it stops, teacher shows posture card. Children must find a partner and mirror each other in pose.
Relaxation	Practise lying still, with soft arms and legs, eyes closed. Develop relaxation skills with: tense/release, rotation of awareness, visualisation, meditation.					



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Year 3/4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Stillness</u>	<u>Good sitting:</u> If hips are open, children can sit in half lotus.	<u>Good sitting</u> If hips are open, children can sit in half lotus.	<u>Good sitting</u> If hips are open, children can sit in half lotus.	<u>Good sitting</u> If hips are open, children can sit in half lotus.	<u>Good sitting</u>	<u>Good sitting</u> If hips are open, children can sit in half lotus.
<u>Breath Awareness</u>	Revisit all breathing exercises learnt in year 1.	Revisit all breathing exercises learnt in year 1.	Numbered breath: Inhale for 5, then exhale for 5.	Numbered breath: Inhale for 7, retain for 5, exahale for 10	Cooling breath	Lion breath: Make claws, poke out tongue, eyes roll up, loud exhale.
<u>Posture work</u>	<u>Salute to the sun (suriya namaskar)</u> Learn transition into each posture in the sequence. Develop breath in movement. Improve alignment in each pose.	<u>Salute to the sun (suriya namaskar)</u> Learn transition into each posture in the sequence. Develop breath in movement. Improve alignment in each pose.	<u>Salute to the sun (suriya namaskar)</u> Learn transition into each posture in the sequence. Develop breath in movement. Improve alignment in each pose. Chn call out posture names	<u>Salute to the sun (suriya namaskar)</u> Learn transition into each posture in the sequence. Develop breath in movement. Improve alignment in each pose. Chn call out posture names	<u>Salute to the sun (suriya namaskar)</u> Learn transition into each posture in the sequence. Develop breath in movement. Improve alignment in each pose. Practise holding each posture with breathing	<u>Salute to the sun (suriya namaskar)</u> Learn transition into each posture in the sequence. Develop breath in movement. Improve alignment in each pose. Practise holding each posture with breathing
<u>Twists</u>	Explore range of seated twists e.g. Legs crossed, raised knee, static thread needle.		Explore range of prone twists e.g. Windscreen wiper knees, left over right, shoulder roll.		Explore range of standing twists e.g. Wide leg fwd bend, shiva, dancer, eagle.	
<u>Balances</u>	Seagul: Right foot rests on thigh of bent left leg. Arms reach back as wings.		Eagle: Wrap arms around each other, try to bring palms together. Wrap lower legs, balancing on one foot.		Warrior 3 Fwd bending on one leg, hips square. Arms straight, parallel to floor, touching ears.	
<u>Development Games</u>	<u>Sharks and Seagulls:</u> Chn 'swim' to tambourine shake. On bang/'silent seagulls' they run to mat, assuming seagull pose. As in musical chairs, mats are removed each time.	<u>Hoop Game:</u> Chn can perform tree/frog/chips and dragon postures, chn are able to follow rules of the game	<u>Whats My Posture?</u> Chn chose a yoga card and describe how to do this posture. Others follow instructions. How many are correct?	<u>Yogi number 5:</u> Sit in circle, children count. On every 5 <sup>th</sup> count, child moves into chosen posture and class copies.	<u>Pick a part:</u> One child choses body part card e.g. leg. He then shows a posture which stretches the leg. Can class mates guess the body part?	<u>Team challenge:</u> Groups given theme e.g. weather types. They then design a new posture and present to class.
<u>Relaxation</u>	Practise lying still, with soft arms and legs, eyes closed. Develop relaxation skills with: tense/release, rotation of awareness, visualisation, meditation.					



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Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Stillness</u>	<u>Good sitting:</u> If hips are open, children can sit in half/full lotus.  Explore kneeling	<u>Good sitting</u> If hips are open, children can sit in half/full lotus.  Explore kneeling	<u>Good sitting</u> If hips are open, children can sit in half/full lotus.  Explore kneeling	<u>Good sitting</u> If hips are open, children can sit in half/full lotus.  Explore kneeling	<u>Good sitting</u> If hips are open, children can sit in half/full lotus.  Explore kneeling	<u>Good sitting</u> If hips are open, children can sit in half/full lotus.  Explore kneeling
<u>Breath Awareness</u>	Revisit all breathing exercises, week by week.	Nadi Shodana: Alternate nostril breathing, in for 5, block, out for 5 on other nostril.	Nadi Shodana with retention: Breath in for 5, hold for 5, exhale for 7.	3 part breath: Hands on tummy, abdominal breathing. Move to lower, then upper chest.	Ujayi breath (ocean breath): constrict throat to produce 'ocean' sound with breath.	Kapalabhati: Pumping air rapidly from abdomen for 20 counts to begin, then increase.
<u>Posture work</u>	Salute to the sun (suriya namaskar) Learn transition into each posture in the sequence. Develop breath in movement. Improve alignment in each pose.  Hold each pose for extended period	Salute to the sun (suriya namaskar) Learn transition into each posture in the sequence. Develop breath in movement. Improve alignment in each pose. Hold each pose for extended period	Salute to the sun (suriya namaskar) Learn transition into each posture in the sequence. Develop breath in movement. Improve alignment in each pose. Replace posture name with number	Salute to the sun (suriya namaskar) Learn transition into each posture in the sequence. Develop breath in movement. Improve alignment in each pose. Replace posture name with 'inhale/exhale'	Salute to the sun (suriya namaskar) Learn transition into each posture in the sequence. Develop breath in movement. Improve alignment in each pose. Explore moon salutation.	Salute to the sun (suriya namaskar) Learn transition into each posture in the sequence. Develop breath in movement. Improve alignment in each pose. Explore sun salute b.
<u>Twists</u>	Explore range of seated twists e.g. Legs crossed, raised knee, static thread needle. Employ ujayi breath to hold for extended time		Explore range of prone twists e.g. Windscreen wiper knees, left over right, shoulder roll. Employ ujayi breath to hold for extended time		Explore range of standing twists e.g. Wide leg fwd bend, shiva, dancer, eagle. Employ ujayi breath to hold for extended time	
<u>Balances</u>	Navassana: balancing on coccyx, engaging core, straight back. Raise arms to either side of knees. Bent legs initially, extend: straighten legs.		Utkatasana: Standing on tip toes, arms outstretched in front. Slowly squat, then return to standing.		Half moon: balancing on right leg and finger tips of right hand. Open hips, left leg and arm reach upwards. Engage core.	
<u>Development Games</u>	Sharks and Seagulls. As yr 4 game, seagulls can be substituted with eagle or any other balance.	Wink yoga: Individual silently moves into posture. Rest of group copies. Can detective spot the instructor?	Yoga pretzels: Volunteer calls out name of a body part e.g. arm. Class must try to get into a posture which targets arms/balances on arms	Partner postures: Pairs of children given a posture name. They must then adapt this into a partner posture.	Team work: Use 4-6 postures to create sequence, like sun salutation.	Spot my mistake: Volunteer adopts posture incorrectly. Can rest of class identify and re-align?
<u>Relaxation</u>	Practise lying still, with soft arms and legs, eyes closed. Develop relaxation skills with: tense/release, rotation of awareness, visualisation, meditation.					



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