

## Yoga

### Key Vocabulary for Yoga

**Mindfulness** – being focused on the present moment.

**Focus** – concentration.

**Position** – where you put your body.

**Flow** – moving from one position to another carefully.

**Pose** – a shape made with the body.

**Create** – to bring something into existence.

**Choose** – to make a decision yourself about what to do.

**Wellbeing** – the state of being comfortable, healthy and happy.

**Flexibility** – the ability of joints to move through a pain free range of movement; being bendy.

### Key Knowledge for Yoga

**Balance:** understand that I can squeeze my muscles to help me to balance.

**Flexibility:** know that flexibility helps us to stretch our muscles and increase the movement in our joints.

**Strength:** know that strength helps us with everyday tasks such as carrying our schoolbag.

**Mindfulness:** understand that I can use yoga to make me feel calm.

### Key Skills for Yoga

**Balance:** remember, copy, and repeat sequences of linked poses.

**Flexibility:** show increased awareness of extension in poses.

**Strength:** demonstrate increased control in performing poses.

**Mindfulness:** explore controlling my focus and sense of calm.

## Pillars

**Motor Competence** - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.

**Rules, Strategies and Tactics** - having an increasingly complex tactical knowledge, knowledge of context-specific rules, conventions, regulations and strategies and knowing how to be successful across a range of activities and sports.

**Healthy Participation** - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

## PE Year 2: Autumn 2

### Key Questions

#### Yoga

Which poses are challenging to our balance?

What is mindfulness?

Why is it important to be able to concentrate on one thing at a time?

What makes a good yoga partner?

How does yoga make us feel?

How does yoga make us feel?

#### Ball Skills

Why do we need wide fingers to hold a bigger ball?

Where do we aim when our target is moving?

How do we control a ball when dribbling?

What is the best part of the foot to use for kicking a ball?

When is the magic moment?

How do we know our partner is ready to receive the ball?

## Ball Skills

### Key Vocabulary for Ball Skills

**Target** – an object of attention or attack.

**Dribble** – to move a ball along the ground with repeated small hits or kicks.

**Track** – to follow the ball with your eyes.

**Receive** – to catch or control a ball that is thrown, kicked or passed to you.

**Opponent** – someone on the opposite team.

**Overarm** – the arm is pulled back over the shoulder before releasing the ball.

**Underarm** – the hand swings down and back before releasing the ball.

**Distance** – how far something travels, or how far away something is.

### Key Knowledge for Ball Skills

**Sending:** know that stepping with the opposite foot to the throwing arm will help me to balance.

**Catching:** know to use wide fingers and pull the ball into my chest to help to securely catch.

**Tracking:** know that it is easier to move towards a ball to track it than to chase it.

**Dribbling:** know to keep my head up when dribbling to see space/opponents.

### Key Skills for Ball Skills

**Sending:** roll, throw and kick a ball to hit a target.

**Catching:** develop catching a range of objects with two hands. Catch with and without a bounce.

**Tracking:** consistently track and collect a ball being sent directly.

**Dribbling:** explore dribbling with hands and feet with increasing control on the move.