

# Yoga

## Key Vocabulary for Yoga

**Meditation** - the act of focusing on breathing to clear the mind.

**Strength** - physically strong muscles.

**Perform** - to carry out a task or action.

**Flexibility** - the movement of joints moving freely, without restriction.

**Mindfulness** - being consciously aware of your body and minds state.

**Wellbeing** - the state of being comfortable, happy or healthy.

**Core strength** - strength provided by the abdominal muscles found in your stomach area.

## Key Knowledge for Yoga

**Balance:** understand that if I use the whole of the body part in contact with the floor, it will help me to balance.

**Flexibility:** know that if I move as I breathe out I can stretch a little bit further.

**Strength:** understand that I need to use different muscles for different poses.

**Mindfulness:** know that I can use my breath to focus

## Key Skills for Yoga

**Balance:** demonstrate increased control when in poses.

**Flexibility:** explore poses and movement in relation to my breath.

**Strength:** explore arm balances with some control.

**Mindfulness:** develop my ability to stay still and keep my focus.

## 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 3: Spring 2

## Key Questions

### Yoga

Which poses make the muscles really stretch?

How does breathing affect stability?

What is a flow?

How does the speed of transition affect balance?

How is yoga linked to mindfulness?

### Handball

Why is three the magic number in handball?

When might you use a bounce pass in handball?

What is the double dribble rule?

Why might you take steps with the ball before shooting?

What does it mean to 'mark' a player from the opposite team?

# Handball

## Key Vocabulary for Handball

**Interception** - preventing the ball from reaching an opponent.

**Receiver** - the player waiting for the ball.

**Footwork** - steps taken to outwit an opponent.

**Rebound** - anticipating where a ball might land, after it comes into contact with an object.

**Tracking** - monitoring an opponent's movements.

**Mark** - defending an opponent, preventing them from receiving the ball.

**Travelling** - moving with the ball in your hand.

**Possession** - the team who have the ball under their control.

**Opposition** - the team you are playing against.

**Quadriceps** - a group of four muscles found in the upper section of the leg, also known as the thigh.

**Gluteals** - a group of three muscles in the buttocks.

## Key Knowledge for Handball

**Sending & receiving:** know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately.

**Dribbling:** know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders.

**Space:** know that by spreading out as a team we move the defenders away from each other.

**Attacking and defending:** know my role as an attacker and defender.

**Tactics:** know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession.

**Rules:** know the rules of the game and begin to apply them.

## Key Skills for Handball

**Sending & receiving:** explore sending and receiving abiding by the rules of the game.

**Dribbling:** explore dribbling the ball abiding by the rules of the game under some pressure.

**Space:** develop using space as a team.

**Attacking:** develop movement skills to lose a defender. Explore shooting actions in a range of invasion games.

**Defending:** develop tracking opponents to limit their scoring opportunities.