



# Class Cremyll

**PE**

**Health and wellbeing**



# CALM DOWN YOGA FOR KIDS



I am strong.



I am kind.



I am brave.



I am friendly.



I am wise.



Children Will A.K.A Yoga Stories



First, we practised our 5 yoga poses and talked about how they made us feel.



"I feel really relaxed now and very calm"

"I loved doing the yoga poses outside because it feels like you're part of nature."





We practised our yoga poses everywhere  
and we enjoyed our Cosmic Yoga sessions.



"My favourite was the 'Trolls' because it was fun moving like the different characters."





## Our Endpoint

To hold Yoga poses correctly with good control and balance.

### Knowledge

Keeping healthy means caring for your body so you have enough energy to learn, play and grow. FF

Regular sport and exercise help us to stay healthy. FF

Having control over your breathing will enable you to get into some more challenging poses.

Stretching keeps the muscles flexible, strong and healthy. FF

Everyone should have their '5 a day' – this means five portions of fruit and vegetables, to get the right amount of nutrients. FF

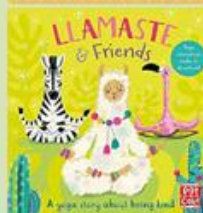
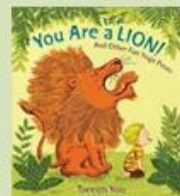
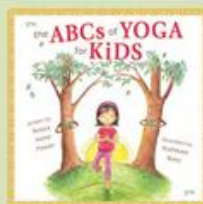
All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others. FF

It's important not to eat too much sugar and salt: sugary foods are bad for your teeth and salty foods can lead to heart disease. FF

Being active means physical activity like sport and mental activity like completing following instructions.

Mindfulness helps us to be calm and quiet which is good for our mental well-being.

### Exciting Books



### SMSC

Social – Giving peers space to move  
Spiritual – giving yourself time to pause, reflect and meditate.

### Subject Specific Vocabulary

healthy	keeping healthy means doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep
exercise	to be physically active
active	to move
control	to be in charge of your body movements
coordination	the ability to use different body parts together smoothly
balance	The distribution of weight to ensure that we are able to stand upright and steady
flexibility	to have the full range of movement in your body

#### Skills

- Copy and repeat simple skills and actions
- Understand the importance of being active.
- Talk about how to exercise safely.
- Begin to move with increasing control and care
- Make simple moves with increasing control and coordination