



## **YOGA CURRICULUM**

### **Spring term 2023 (1&2)**

#### **Reception**

We continue using themes for engaging the children making yoga fun and interactive. We introduce a wide range of poses that also challenges their imagination, and they learn to connect different objects they see around them with yoga poses. We also take inspiration from nature and use this in the yoga lessons.

#### **Year 1**

We continue our work with breathing encouraging full breathing using the abdomen. We also introduce yoga values of non-greed, contentment, honesty, gratitude, and cleanliness in our lessons. We teach them sitting in silence to make the mind and body calm.

#### **Year 2**

In this term, we teach the children to link their breathing with the 12 steps of the sun-salutations. They also learn the humming bee breath. They continue to learn a wide range of dynamic yoga sequences.

#### **Year 3**

We introduce Ostirch breathing and Mandala breathing. In Asana practice they will focus on Forward bends, backward bends, and twists. We continue learning different yoga mudras.

#### **Year 4**

Tibetan purification and Kapalabhati will be introduced. They will focus on forward bends and backward bends. They will continue to understand the benefits of the poses and their Sanskrit names and meanings. They will learn the yoga nidra technique with awareness of touch and visualization. 2-to-3-minute mediation will be introduced.

#### **Year 5**

They will continue to learn other variations of moon salutations. Eye and neck exercises will be taught. Advanced forward bends, backward bends and twists will be taught. They will learn about Yoga yamas and niyamas. Point and circle meditation and chain of words meditation will be taught.

#### **Year 6**

Will continue with practice of Nadi shodana. Kapalabhati, Sitali and Brahmari pranayama will also be practiced. In Asanas focus will be on mastering the side twists and backward bends. Guided mediation will be continued. Occasional sharing of yoga philosophy.