

**Curriculum Map**

**Subject: Yoga**

The Avanti Grange Yoga Curriculum will provide opportunities for students to discover the many benefits of yoga on their wellbeing. It is crafted to cultivate a safe and supportive learning environment that is calm and peaceful, where everyone can exercise the body and the mind. The curriculum will focus on building the physical and mental skills of balance, strength, flexibility, focus and calmness. Not only will these skills be practised on the yoga mat, but students will also be encouraged to develop them further off the mat, in their daily lives through self-awareness, resilience, emotional literacy, well-being strategies and stress management tools.

Students will engage in a broad range of activities to include:

* Physical yoga poses/postures and flowing yoga sequences
* Deep breathing exercises
* Relaxation
* Meditation
* Positive Thinking
* Philosophy of Yoga

The curriculum aims to ensure that all students develop competence in physical yoga postures, breathing and relaxation techniques and to develop healthy habits to help students to lead healthy, physically active lives. Lessons will be planned to ensure that pupils of differing abilities are suitably challenged, encouraged and supported.

Spiritual Wellbeing - Guided Discussion Groups

Effective interaction promotes understanding and deepens our connections with others through empathy and respect. It is not just about building the confidence to voice your opinions but also understanding the perspectives of others and a rooted connection to a deeper sense of self.

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| **Year 7** | | |
| **Autumn Term** | **Spring Term** | **Summer Term** |
| **Topic:**  **Introduction to Yoga**  Yoga routines and expectations  What is yoga? Discussions  Foundation yoga poses  Foundation yoga poses with a variation to create a new pose  Mindful Breathing  Mindful Relaxation – Self Check In | **Topic: Sun Salutation C**  Poses:  Mountain  Upward Salute  Standing Forward Bend  Low Lunge  Plank  Cobra  Downward Facing Dog  (Sun Salutation A)    Yogic/Diaphragmic (Belly) Breathing  Body Scan Relaxation  Tense and Release Relaxation | **Topic: Yoga Pose Orientations**  A selection of seated, standing, prone and supine yoga poses.  Three Part/Complete Breath  Review relaxation/meditation techniques |
| **Year 8** | | |
| **Autumn Term** | **Spring Term** | **Summer Term** |
| **Topic:**  **Avanti & Yoga Values, Respect and Gratitude**    Review of Y7 poses, with modifications and variations  Selection of nature poses    Bhramari Pranayama (Buzzing Bee Breath)    Visualisation Meditation | **Topic:**  **Avanti & Yoga Values, Discipline and Courage**    Sun Salutation B  Warrior Poses    Breath Meditation    Thoughts Meditation | **Topic:**  **Avanti & Yoga Values, Empathy and Integrity**    Partner and group poses  Shoulder stand and selection of prep poses    Metta / Loving Kindness Meditation    Review breathing and relaxation/meditation techniques |
| **Year 9** | | |
| **Autumn Term** | **Spring Term** | **Summer Term** |
| **Topic: Yoga for the Legs**  Standing Poses  Hip Opening Poses  Physical and energetic benefits of these poses  Mindful Breathing - counting the breath  Lion’s breath  Grounding 5 Senses Mindful Meditation  Thoughts Mindfulness Meditation | **Topic: Yoga for the Body**  Core Poses  Forward Bends  Physical and energetic benefits of these poses  Energising and Calming Breathwork (including Kapalabhati)  Visualisation Meditation | **Topic: Yoga for the Upper Body**  Back Bends  Inversions – Headstand  Physical and energetic benefits of these poses  Ujjari Breath  Mantra Meditation  Review breathing and relaxation/meditation techniques |