

**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 expectationsWhat is yoga? DiscussionsFoundation yoga poses Foundation yoga poses with a variation to create a new poseMindful BreathingMindful Relaxation – Self Check In | **Topic: Sun Salutation C**Poses:MountainUpward SaluteStanding Forward BendLow LungePlankCobraDownward Facing Dog(Sun Salutation A)Yogic/Diaphragmic (Belly) BreathingBody Scan RelaxationTense and Release Relaxation | **Topic: Yoga Pose Orientations**A selection of seated, standing, prone and supine yoga poses.Three Part/Complete BreathReview 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 variationsSelection 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 PosesHip Opening PosesPhysical and energetic benefits of these posesMindful Breathing - counting the breathLion’s breathGrounding 5 Senses Mindful MeditationThoughts Mindfulness Meditation | **Topic: Yoga for the Body**Core PosesForward BendsPhysical and energetic benefits of these posesEnergising and Calming Breathwork (including Kapalabhati)Visualisation Meditation | **Topic: Yoga for the Upper Body**Back BendsInversions – HeadstandPhysical and energetic benefits of these posesUjjari BreathMantra MeditationReview breathing and relaxation/meditation techniques |