

CONTENT DESCRIPTIONS							
ACTIVITY	MOVING OUR BODY		UNDERSTANDING MOVEMENT		LEARNING THROUGH MOVEMENT		
	Practise fundamental movement skills and movement sequences using different body parts (ACPMPO08) AC	Participate in games with and without equipment (ACPMPO09) AC	Explore how regular physical activity keeps individuals healthy and well (ACPMPO10) AC	Identify and describe how their body moves in relation to effort, space, time, objects and people (ACPMPO11) AC	Cooperate with others when participating in physical activities (ACPMPO12) AC	Test possible solutions to movement challenges through trial and error (ACPMPO13) AC	Follow rules when participating in physical activities (ACPMPO14) AC
Yoga	✓	✓				✓	✓

FOCUS AREAS

- safety, active play and minor games, fundamental movement skills, rhythmic and expressive activities

BACKGROUND INFORMATION

- Yoga is based on the Hindu system of discipline. It aims to establish union between the mind and the body and, like tai chi, utilises a series of movements and postures. Both tai chi and yoga are very specialised physical activities that require expert instructors; however, teachers may attempt some moves as relaxation activities or lesson breaks as long as safety precautions are observed.

RESOURCES

- <https://tinyurl.com/a74eben>
A video clip with a story and yoga movements for students to complete as the story is told
- <https://www.yogajournal.com/category/poses/yoga-for/kids/>
Some illustrated yoga poses suitable for children

KEY

 equipment needed	 space required	    individual, pairs, specified groups or whole class	 further discussion
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Yoga

Expose students to yoga poses to develop flexibility, balance and stability, enhance calmness and provide relaxation. Ideally, expert instructors should be used if possible.

NOTE: Different styles of yoga may use different poses. Some are illustrated below.

 <p>BOW</p>	 <p>BRIDGE</p>	 <p>CAT</p>
 <p>COBRA</p>	 <p>CORPSE</p>	 <p>DOWNWARD-FACING DOG</p>
 <p>EASY</p>	 <p>EXTENDED SIDE ANGLE</p>	 <p>MOUNTAIN</p>
 <p>PLANK</p>	 <p>SALUTE</p>	 <p>TREE</p>
 <p>UPWARD-FACING DOG</p>	 <p>WARRIOR I</p>	 <p>WARRIOR II</p>