

Classroom PE KS2

KS2



Learning objective:

To develop control and balance when performing poses.

Success criteria:

Use your breath to help you to focus and move from one pose to another.

Whole child objectives:

Social: I can work with a partner to create a flow.

Emotional: I show focus by controlling my breathing.

Equipment:

30 x chairs

10

Mins

Warm Up and Introduction

Ocean breath:

Ask the pupils to move their chair into a space and sit on the front half of the chair. Ask them to sit up as tall as possible, as if someone was pulling a piece of string through the top of their head.

Ask the pupils to complete the following movements and think about their breath as they complete them. Can they imagine that their arm movements are like waves and their breath is like a wave going in and out.

- Move both hands from by sides out in front of you so that arms end up in line with ears, then back down to sides. As they do this, encourage the pupils to inhale on the way up and exhale on the way down. Repeat x 10.
- Palms facing away from the body, push both hands forwards from chest out as far as possible, then turn hands and pull arms back into the chest. As they do this, encourage the pupils to exhale when pushing forwards and inhale when pulling back. Repeat x 10.
- Palms facing inwards, move both hands from by sides out to the side and up so that arms finish next to ears. Then, turn palms and move arms back down to by sides. As they do this, encourage the pupils to inhale when lifting arms upwards and exhale when pushing arms back down. Repeat x 10.
- Ask pupils to lift both arms out wide in line with the shoulders. Pupils twist head, upper body and arms, keeping arms in line with shoulder to the left first, then twist back to face front. Repeat, twisting to the right and back to face front. As they do this, encourage the pupils to inhale on the twist and exhale when moving back to face front. Repeat x 10 on each side.

30

Mins

Skill development

The journey:

A

Teach the pupils the poses. *Teacher note: you may wish to display the poses on the board or use the resource attached as a resource card.*

For each pose, hold for three breaths in and three breaths out.

Make this harder by holding for four breaths in and four breaths out on each pose.

- Dolphin



- Moon



- Boat



- Mountain



- Rainbow



- Bird



B

Tell the pupils that they are going on a journey. This is the journey of the dolphin, things that the dolphin sees and does. The pupils will combine the poses in a 'journey flow'. Ask the pupils what a flow is. *Teacher note: a combination of poses.* Read the pupils the story of the journey and ask them to move through the poses using their breath to help them transition between poses.

For each pose, hold for three breaths in and three breaths out.

Make this harder by holding for four breaths in and four breaths out on each pose.

C

Pupils work in pairs. Ask them to create their own journey flow using at least three poses. Pupils will need to create their narrative and choose poses to match this. *Teacher note: use the yoga cards in the resource bank, 'resources by activity', 'yoga', 'yoga cards set 1-6' to help the pupils to include a variety of poses.*

For each pose, hold for three breaths in and three breaths out. Ask the pupils to consider poses that link well together so that the sequence flows smoothly.

Make this harder by asking the pupils to include more than three poses.

D

Ask pairs to teach another pair their journey flow.

Demonstrate the poses first to help the other pair know what to do.

5

Mins

Plenary

Ask the pupils to sit back on their chairs. Take one arm at a time, circling backwards like doing backstroke, inhale as the arm moves upwards and exhale as the arm comes back down. Repeat x 10 on each arm. Repeat the same, circling the arms forwards, inhale as the arm moves upwards and exhale as the arm comes back down.

Ask the pupils to identify how the activities made them feel.

The Journey Poses

- Dolphin



- Moon



- Mountain



- Rainbow



- Boat



- Bird



The Journey Story

Playful and peaceful, joyous and intelligent, the **dolphin**. She moves gracefully through the water, like a **bird** dives through the sky, past magnificent **mountain** ranges, standing high above the shoreline, powerful and strong, still and silent. Under the light of the silvery **moon**, she dives down where fish of all colours create the most beautiful **rainbow**, flitting this way and that. She swims on, riding the crest of the waves from small fishing **boats**, leaping, jumping, spinning through the white water.