**Important information**



**Individual**

**Space**

**Muscle**

**Stretch**

**Lengthen**

**Bend**

**Hold**

**Breathe**

# Yoga is a great way to increase core strength and increase flexibility. It increases spacial awareness and the way our muscles move together.



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|  | Lesson Question | What you will learn | Learning Review |
| 1 | I can describe how my body moves and how the muscles are connected.  | To move with some precision in a variety of ways. To explore ways in which they can move and hold a stretch.  |  |
| 2 | I can hold a pose focussing on stretch without injury.  | To look at a comfortable range of challenge for stretching.  |  |
| 3 | I can sequence movements and move from one to another.  | To work within a space and transition from one pose to another with control.  |  |
| 4 | I can sequence stretch and movement with precision.  | To work within a space and transition from one pose to another with control. Find a comfortable balance for a stretch challenge.  |  |
| 5 | I can sequence stretch and movement with precision.  | To work within a space and transition from one pose to another with control. Find a comfortable balance for a stretch challenge. |  |
| 6 |  |  |  |