



Recovery Curriculum Year 6: Autumn 1

<p>Coverage:</p> <ul style="list-style-type: none"> ● Yoga, OAA and Health Related Fitness ● To develop flexibility, strength, technique, control and balance ● Take part in outdoor and adventurous activity challenges both individually and within a team 	<p>Knowledge and Key vocabulary:</p> <ul style="list-style-type: none"> ● Teamwork ● Communicating ● Orienteering ● Orientate ● Mapwork ● Breathing ● Balance ● Relax ● Yoga Pose ● Warm up ● Health ● Heart Rate ● Long term effects
<p>Thrive Link</p> <ul style="list-style-type: none"> ● I can work with a team to complete a challenge ● I can adopt to my surroundings ● I can work with others to plan responses to an activity or challenge 	<p>Physical Skills</p> <ul style="list-style-type: none"> ● I understand that I can slow my breathing rate to make me feel calm ● I can show increased flexibility in all poses ● I can show balance and coordination in all poses ● I can perform clear counter balances in pairs ● I can show an awareness of where different parts of my body need to be in all poses ● I can show excellent core strength in the sun dance ● I can balance using an inversion pose ● I can relax for a sustained period of time and use this technique to help regulate my emotions ● I can demonstrate warming up and the effect that it has on the body ● I can explain the long term effects of exercise ● I understand how exercise can improve my health in the long term ● I can orientate myself using more complex maps of unfamiliar places