



Recovery Curriculum Year 2: Autumn 1

| | |
|---|---|
| <p>Coverage:</p> <ul style="list-style-type: none">• Relax Kids, OAA and Health Related Fitness• Master basic movements as well as developing balance, agility and coordination, and begin to apply these in yoga | <p>Knowledge and Key vocabulary:</p> <ul style="list-style-type: none">• Sharing• Teamwork• Listening and responding• Breathing• Balance• Relax• Yoga Pose• Changes• Exercise |
| <p>Thrive Link</p> <ul style="list-style-type: none">• I am improving my ability to work within a team• I can encourage my team mates when they are unsure• I am becoming more confident with challenging activities | <p>Physical Skills</p> <ul style="list-style-type: none">• I can show some flexibility in different poses• I can show balance and coordination with all large poses.• I am becoming aware of how I control my body• I can show core strength in basic poses• I can relax for a short period of time and understand why this is important• I can describe why there are changes to my body during exercise• I am beginning to understand why it is important to warm up |