



Recovery Curriculum Year 4: 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• Mapwork• Breathing• Balance• Relax• Yoga Pose• Warm up• Inversion
<p>Thrive Link</p> <ul style="list-style-type: none">• I can give suggestions as part of a team• I can follow a leader within a team• I can lead a team• I face new activities with positivity• I work safely	<p>Physical Skills</p> <ul style="list-style-type: none">• I am beginning to understand that I can slow my breathing rate to make me feel calm• I can show flexibility in different poses• I am starting to show balance and control in some small poses• I can show an awareness of where different parts of my body need to be in a variety of poses• I can show core strength in the sun dance• I can perform simple inversion pose• I can relax for a longer period of time• I can demonstrate warming up and the effect that it has on the body• I can warm up safely before an activity• I can follow maps and diagrams to orienteer around the school grounds