



## Recovery Curriculum Year 3: Autumn 1

<p><b>Coverage:</b></p> <ul style="list-style-type: none"><li>• Relax Kids, Yoga, OAA and Health Related Fitness</li><li>• To develop flexibility, strength, technique, control and balance</li><li>• Take part in outdoor and adventurous activity challenges both individually and within a team</li></ul>	<p><b>Knowledge and Key vocabulary:</b></p> <ul style="list-style-type: none"><li>• Teamwork</li><li>• Communicating</li><li>• Orienteering</li><li>• Mapwork</li><li>• Breathing</li><li>• Balance</li><li>• Relax</li><li>• Yoga Pose</li><li>• Warm up</li><li>• Inversion</li></ul>
<p><b>Thrive Link</b></p> <ul style="list-style-type: none"><li>• I can work as part of a team to complete a task</li><li>• I can persevere with tasks that I find a challenge</li></ul>	<p><b>Physical Skills</b></p> <ul style="list-style-type: none"><li>• I am beginning to understand that I can slow my breathing rate to make me feel calm</li><li>• I can show flexibility in different poses</li><li>• I am starting to show balance and control in some small poses</li><li>• I can show an awareness of where different parts of my body need to be in a variety of poses</li><li>• I can show core strength in the sun dance</li><li>• I can perform simple inversion pose</li><li>• I can relax for a longer period of time</li><li>• I can lead my own warm up using movements that relate to the activity</li></ul>