



Recovery Curriculum Year 5: 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
<p>Thrive Link</p> <ul style="list-style-type: none">• I can take a role within a team to complete a task• I can listen and respond to others suggestions• I can overcome barriers in new activities	<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 pose• 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 why exercise is good for my health• I can lead my own warm up offering new ways to increase their heart rate• I am beginning to orientate myself using maps and diagrams