

The Rise Yoga Curriculum KS1-KS2

Year	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Y2	<p>A Sea Adventure Beginning Warm Up Asana- Butterfly, Plane, Sun salute, Swaying tree, Knees up to the nose, Crab, Shark, Dolphin, Turtle, Child, Bird Game Winding down/ Breathing Relaxation</p>	<p>In My Yoga Garden Beginning Warm Up Asana- Tadasana, Trikon, Flower, Tree, Growing seed, Mouse, Cat, Dog Game Winding down/ Breathing Relaxation</p>	<p>Visiting A Farm Beginning Warm Up Asana- Sun Dance, Dandasana, Table, Run on spot, Tree, Wood chopper, Roll around, Gate Game Winding down/ Breathing Relaxation</p>	<p>Visiting The Jungle Beginning Warm Up Asana- Warrior 3, Sun salute, Walk on tip toes, Tree, Lion, Tiger, Monkey, Snake, Parrot, Giant, Butterfly, Elephant Game Winding down/ Breathing Relaxation</p>	<p>Whisky Frisky Beginning Warm Up Asana- Moving colours, Poses as per the poem, Handful of flowers, Neck and head rolls Game Winding down/ Breathing Relaxation</p>	<p>Sun Salute Beginning Warm Up Asana- Tadasana, Stretch, Uttanasana, Lunge, Lizard, Child, Cobra, Dog, Lunge, Uttanasana, Stretch, Tadasana Game Winding down/ Breathing Relaxation</p>
Y3	<p>Our Bodies Beginning Warm Up Asana- Tadasana, Uttanasana, Tree, Flamingo, Trikon, Dog, Cobra, Bridge, Bonfire, Curly Wurly, Game Winding down/ Breathing Relaxation</p>	<p>Adventure Into Space Beginning Warm Up Asana- Uttanasana, Tip toes, Side bends, Moon dance, Huge lunge steps, Space cat, Space dog, Snake, Mouse Game Winding down/ Breathing Relaxation</p>	<p>The Basics Beginning Warm Up Asana- Tadasana, Rock & Roll, Gate, Tree, Dandasana, Sandwich, Cat, Dog, Mouse, Cobra, Group candle Game</p>	<p>Visiting A Farm Beginning Warm Up Asana- Sun Dance, Donkey, Chicken, Dog, Cat, Mouse, Cow, Gate Game Winding down/ Breathing Relaxation</p>	<p>A Sea Adventure Beginning Warm Up Asana- Butterfly, Plane, Sun salute, Swaying tree, Knees up to the nose, Crab, Shark, Dolphin, Turtle, Child, Bird Game Winding down/ Breathing Relaxation</p>	<p>In My Yoga Garden Beginning Warm Up Asana- Tadasana, Trikon, Flower, Tree, Growing seed, Mouse, Cat, Dog Game Winding down/ Breathing Relaxation</p>

			Winding down/ Breathing Relaxation			
Y4	Visiting A Farm Beginning Warm Up Asana- Sun Dance, Dandasana, Table, Run on spot, Tree, Wood chopper, Roll around, Gate Game Winding down/ Breathing Relaxation	Visiting The Jungle Beginning Warm Up Asana- Warrior 3, Sun salute, Walk on tip toes, Dandasana, Rock leg in arms, Crocodile, Frog, Lotus, Flowering Lotus, Lion Game Winding down/ Breathing Relaxation	Sun Salute Beginning Warm Up Asana- Tadasana, Stretch, Uttanasana, Lunge, Lizard, Child, Cobra, Dog, Lunge, Uttanasana, Stretch, Tadasana Game Winding down/ Breathing Relaxation	In My Yoga Garden Beginning Warm Up Asana- Tadasana, Trikon, Flower, Tree, Growing seed, Mouse, Cat, Dog Game Winding down/ Breathing Relaxation	Whisky Frisky Beginning Warm Up Asana- Moving colours, Poses as per the poem, Handful of flowers, Neck and head rolls Game Winding down/ Breathing Relaxation	A Sea Adventure Beginning Warm Up Asana- Butterfly, Plane, Sun salute, Swaying tree, Knees up to the nose, Crab, Shark, Dolphin, Turtle, Child, Bird Game Winding down/ Breathing
Y5	Sun Salutation Beginning Warm Up Asana- Tadasana, Stretch, Uttanasana, Lunge, Plank, Caterpillar, Cobra, Dog, Lunge, Uttanasana, Stretch, Tadasana Game	Balance 1 Beginning Warm Up Asana- Cat stretch & breath, Dog & extended dog, Tiger balance, Child's pose, Tadasana, Vrikasana, Warrior Game Winding down/ Breathing	Balance 2 Beginning Warm Up Asana – Warrior, Tree, Tadasana, Garudasana, Ardha Chandrasana, Navkasana Game	Energy 1 Beginning Warm Up Asana – Tadasana, Warrior 1, 2 &3, Cat, Dog, Uttanasana, Trikon, Ardha Chandrasana Game Winding down/ Breathing Relaxation	Energy 2 Beginning Warm Up Asana – Superman stretches, Locust, Bow, Child, Rock & rolling, Sarvangasana, supine spinal twist Game Winding down/ Breathing Relaxation	Revision week wise of the topics covered each term

	Winding down/ Breathing Relaxation	Relaxation	Winding down/ Breathing Relaxation			
Y6	Inner space/Outer space 1 Beginning Warm Up Asana- Sun salutation, Moon dance, Tadasana, Volcano, Gravity, Rocket Game Winding down/ Breathing Relaxation	Inner space/Outer space 2 Beginning Warm Up Asana- Constellations Game Winding down/ Breathing Relaxation	The Olympics 1 Beginning Warm Up Asana- Tadasana, Dandasana, Supine lying, Wide legged forward bend, Janu sirsasana, Lunge Game Winding down/ Breathing Relaxation	The Olympics 2 Beginning Warm Up Asana- Lunge, Squat into lunge, crow, Warrior 1 &2, Trikon into Ardha Chandra, Standing spinal twist, Hanstand, Dhanurasana Game Winding down/ Breathing Relaxation	The Rainforest 1 Beginning Warm Up Asana- Trees partner, Monkey, Bakasana, Bhujapidasana, Frog Game Winding down/ Breathing Relaxation	The Rainforest 2 Beginning Warm Up Asana- Trees partner, Snake, Butterfly, Lizard on rock, Darunasana, Venus fly trap, Butterfly Game Winding down/ Breathing Relaxation

Books: Calm for kids