## The Rise Yoga Curriculum KS1-KS2

Year	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Y2	A Sea Adventure	In My Yoga Garden	Visiting A Farm	Visiting The Jungle	Whisky Frisky	Sun Salute
	Beginning	Beginning	Beginning	Beginning	Beginning	Beginning
	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
	Asana- Butterfly,	Asana- Tadasana,	Asana- Sun	Asana- Warrior 3, Sun	Asana- Moving colours,	Asana- Tadasana,
	Plane, Sun salute,	Trikon, Flower, Tree,	Dance,	salute, Walk on tip	Poses as per the poem,	Stretch, Uttanasana,
	Swaying tree, Knees	Growing seed, Mouse,	Dandasana,	toes, Tree, Lion, Tiger,	Handful of flowers,	Lunge, Lizard, Child,
	up to the nose, Crab,	Cat, Dog	Table, Run on	Monkey, Snake,	Neck and head rolls	Cobra, Dog, Lunge,
	Shark, Dolphin, Turtle,	Game	spot, Tree,	Parrot, Giant,	Game	Uttanasana, Stretch,
	Child, Bird	Winding down/	Wood chopper,	Butterfly, Elephant	Winding down/	Tadasana
	Game	Breathing	Roll around,	Game	Breathing	Game
	Winding down/	Relaxation	Gate	Winding down/	Relaxation	Winding down/
	Breathing		Game	Breathing		Breathing
	Relaxation		Winding down/	Relaxation		Relaxation
			Breathing			
			Relaxation			
Y3	Our Bodies	Adventure Into Space	The Basics	Visiting A Farm	A Sea Adventure	In My Yoga Garden
	Beginning	Beginning	Beginning	Beginning	Beginning	Beginning
	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
	Asana- Tadasana,	Asana- Uttanasana,	Asana-	Asana- Sun Dance,	Asana- Butterfly, Plane,	Asana- Tadasana,
	Uttanasana, Tree,	Tip toes, Side bends,	Tadasana, Rock	Donkey, Chicken, Dog,	Sun salute, Swaying	Trikon, Flower, Tree,
	Flamingo, Trikon, Dog,	Moon dance, Huge	& Roll, Gate,	Cat, Mouse, Cow, Gate	tree, Knees up to the	Growing seed, Mouse,
	Cobra, Bridge,	lunge steps, Space cat,	Tree,	Game	nose, Crab, Shark,	Cat, Dog
	Bonfire, Curly Wurly,	Space dog, Snake,	Dandasana,	Winding down/	Dolphin, Turtle, Child,	Game
	Game	Mouse	Sandwich, Cat,	Breathing	Bird	Winding down/
	Winding down/	Game	Dog, Mouse,	Relaxation	Game	Breathing
	Breathing	Winding down/	Cobra, Group		Winding down/	Relaxation
	Relaxation	Breathing	candle		Breathing	
		Relaxation	Game		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	Winding down/ Breathing Relaxation <b>Sun Salute</b> Beginning Warm Up Asana- Tadasana, Stretch, Uttanasana, Lunge, Lizard, Child, Cobra, Dog, Lunge, Uttanasana, Stretch, Tadasana Game Winding down/ Breathing Relaxation 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/	Relaxation	Winding down/			
	Breathing		Breathing			
	Relaxation		Relaxation			
Y6	Inner space/Outer	Inner space/Outer	The Olympics 1	The Olympics 2	The Rainforest 1	The Rainforest 2
	space 1	space 2	Beginning	Beginning	Beginning	Beginning
	Beginning	Beginning	Warm Up	Warm Up	Warm Up	Warm Up
	Warm Up	Warm Up	Asana-	Asana- Lunge, Squat	Asana- Trees partner,	Asana- Trees partner,
	Asana- Sun salutation,	Asana- Constellations	Tadasana,	into lunge, crow,	Monkey, Bakasana,	Snake, Butterfly, Lizard
	Moon dance,	Game	Dandasana,	Warrior 1 &2, Trikon	Bhujapidasana, Frog	on rock, Darunasana,
	Tadasana, Volcano,	Winding down/	Supine lying,	into Ardha Chandra,	Game	Venus fly trap, Butterfly
	Gravity, Rocket	Breathing	Wide legged	Standing spinal twist,	Winding down/	Game
	Game	Relaxation	forward bend,	Hanstand,	Breathing	Winding down/
	Winding down/		Janu sirsasana,	Dhanurasana	Relaxation	Breathing
	Breathing		Lunge	Game		Relaxation
	Relaxation		Game	Winding down/		
			Winding down/	Breathing		
			Breathing	Relaxation		
			Relaxation			

Books: Calm for kids