



Recovery Curriculum Year 1: Autumn 1

<p>Coverage:</p> <ul style="list-style-type: none">• Yoga, OAA and Health Related Fitness• Master basic movements as well as developing balance, agility and coordination, and begin to apply these in yoga	<p>Knowledge and Key vocabulary:</p> <ul style="list-style-type: none">• Sharing• Teamwork• Listening and responding• Breathing• Balance• Relax• Yoga Pose• Changes• Exercise
<p>Thrive Link</p> <ul style="list-style-type: none">• I can follow instructions• I persevere with tasks that I find hard• I can try new activities, even when I am unsure• I can work as part of a team• I can share equipment• I can try new activities even when I am unsure	<p>Physical Skills</p> <ul style="list-style-type: none">• I can recognise changes to my body during exercise• I understand that when I am exercising my breathing increases and when I stop it decreases• I can show some flexibility in different poses• I can show balance and coordination with all large poses.• I am becoming aware of how I control my body• I can show core strength in basic poses• I can relax for a short period of time and understand why this is important