

Class 4 Physical Education: Yoga

Learning objective: To understand the basics of yoga, its benefits, and how to practice simple yoga poses.

Answer all questions clearly in your own words. Show your work where necessary.

Word bank: balance · breathing · focus · flexibility · relaxation · yoga mat

1. What is yoga? (1 mark)

2. Why do people practice yoga? (2 marks)

3. Draw and label three simple yoga poses you can do at home. (4 marks)

4. What do you need to do to start a yoga practice? (2 marks)

5. Describe how to breathe while doing a yoga pose. (2 marks)

6. Why is it good to practice yoga regularly? (2 marks)

7. What is one way to make yoga more fun and challenging? (1 mark)

8. Explain how yoga can help you feel relaxed and calm. (4 marks)

9. Describe how to get into the 'Downward-Facing Dog' yoga pose. (4 marks)

Draw: Draw and label a scene showing you and a friend practicing yoga together.



Extension challenge: {'writing_task': {'text': 'Imagine you are a yoga teacher. Write a short introduction to a yoga class for children.', 'answer_lines': 5, 'marks': 5}, 'total': '/25'}