

Zen with Zara: The Yoga Sequence Challenge

Learning objective: To understand the physical and mental benefits of yoga, demonstrating control, balance, and the ability to sequence movements correctly.

Zara the Zebra loves to find patterns in movement! Yoga is all about flow and balance. Below are steps for a 'Sun Salutation' sequence. Your task is to reorder these steps correctly, then justify why each movement is important for your body. Finally, use your knowledge to design a new 'Nature Pose' inspired by your favourite animal.

Word bank: Flexibility · Balance · Core strength · Focus · Deep breathing · Posture · Control · Stamina

1. 1. Sequence the following movements from 1 (start) to 5 (finish) by writing the correct number next to each: [] Reach hands to the sky, [] Gentle forward fold, [] Stand tall in Mountain Pose, [] Step back into Plank, [] Softly lower to the floor. (5 marks)

2. 2. Explain why 'Deep breathing' is considered the most important part of a yoga practice. How does it help your mind during a difficult balance pose? (3 marks)

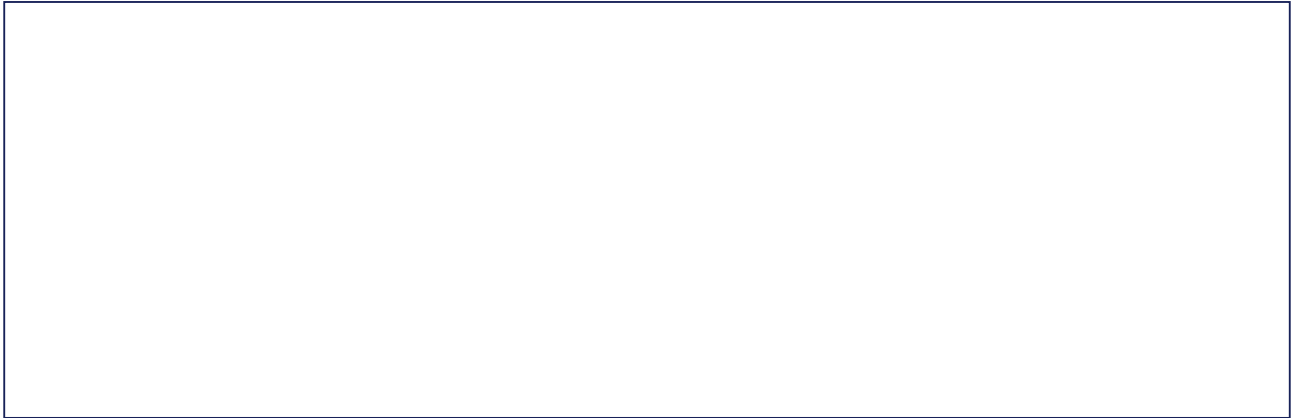
3. 3. Compare and contrast 'Mountain Pose' (standing perfectly still) with a dynamic movement like a 'Sun Salutation'. Which requires more core strength and why? (3 marks)

4. 4. Justify your answer: If you were teaching a beginner, why would you tell them to focus on 'Control' rather than 'Speed' when moving between poses? (3 marks)

5. 5. What might happen to your physical coordination if you practised these yoga stretches for ten minutes every day before starting your maths lessons? (2 marks)

6. 6. Imagine you are creating a new yoga pose. Describe the shape your body would make and explain which muscle groups (e.g., legs, arms, back) you are stretching. (4 marks)

Draw: Draw a 'Nature Pose' inspired by an animal of your choice. Label the parts of the body that are being stretched and explain how this pose helps your balance.



Extension challenge: Design a 'Yoga Flow' routine for your classmates. It must include 6 poses that flow logically from one to the next. Give your routine a name and present a 'Yoga Price List' where you charge £2.50 per session, calculating how much you would earn if 12 friends joined you for a week-long workshop.