

Yoga Adventure: Mindful Movement Fact-File

Learning objective: To understand the physical and mental benefits of yoga and to describe how different poses affect the body.

Join Leo the Lion as he explores the calm and steady world of yoga. Use this fact-file to document your favourite poses, explain why they are beneficial, and reflect on how your body feels after your session. Remember to use descriptive vocabulary to explain your movements.

Word bank: flexibility · balance · stamina · mindfulness · respiration · coordination · tranquillity · posture · muscles · concentration

1. Pose Selection: Describe a specific yoga pose you performed today. Explain the physical movements involved in getting your body into this position. (3 marks)

2. Anatomical Impact: Explain why it is important to control your breathing while holding a pose. How does this affect your heart rate and your focus? (4 marks)

3. Compare and Contrast: Compare a 'standing pose' (like the Tree) with a 'floor-based pose' (like the Child's Pose). How do they differ in terms of the energy required and the muscles used? (5 marks)

4. Justify your answer: Why might regular yoga practice be considered a 'total body workout'? Provide evidence based on your experience today. (4 marks)

5. What might happen if you did not warm up your muscles before attempting challenging stretches? Predict the physical consequences. (3 marks)

6. Personal Reflection: Describe how your mental state changed from the beginning of the yoga session to the end. Use at least two words from the word bank. (2 marks)

Extension challenge: Design a new 'Lion-inspired' yoga pose that mimics a movement Leo the Lion might make. Write a set of step-by-step instructions for a partner to follow so they can safely replicate your pose, ensuring you include safety warnings regarding balance and flexibility.