

Nova's Mindful Movement Fact-File

Learning objective: To understand the physical and mental benefits of yoga and identify how different poses impact the body.

Use this fact-file to document your yoga session. Think about how your body feels before and after you practise. You can use the word bank to help describe your movements and sensations. Remember to focus on your breathing as you move through each pose.

Word bank: flexibility · balance · stamina · mindfulness · posture · concentration · tranquil · steady · inhale · exhale

1. The Purpose of Yoga: Explain in your own words why Nova the owl enjoys yoga and what it does for her health. (2 marks)

2. My Favourite Pose: Describe your favourite pose from today's session. How did you have to position your body to keep your balance? (3 marks)

3. Breathing Technique: Why is it important to control your breathing during yoga? How does it help your body and mind? (2 marks)

4. Physical Benefits: Which parts of your body felt like they were stretching or working the hardest during the session? (2 marks)

5. Reflection: How did you feel emotionally after completing the yoga sequence compared to how you felt before you started? (3 marks)

Extension challenge: Create a 'Yoga Sequence Card' for Max the monkey. Draw a stick-figure diagram of three poses that would help him improve his concentration for his maths puzzles, and label them with the correct names.