

Yoga Adventures with Max and Zara

Learning objective: To understand the physical and mental benefits of yoga, identify key poses, and recognise the importance of controlled breathing for calmness and flexibility.

Read the questions carefully and use your knowledge of yoga and the BookFlik characters' advice to answer. Remember to think about how your body moves and feels during physical activity.

Word bank: Flexibility · Balance · Mindfulness · Posture · Inhale · Exhale · Concentration · Core strength

1. Max says that yoga helps with 'core strength'. Explain in your own words why having a strong core is helpful when performing balance poses like the Tree Pose. (2 marks)

2. Zara suggests that yoga is a form of 'mindfulness'. Why might someone choose to do yoga to help them feel calm after a busy day at school? (2 marks)

3. Describe the correct breathing technique you should use during a yoga session. Why is it important not to hold your breath while stretching? (2 marks)

4. If a yoga mat costs £12.50 and a yoga block costs £4.75, calculate the total cost for Zara to buy both items. Show your working out. (2 marks)

5. List two physical benefits of regular yoga practice and explain how they might improve your performance in other sports, such as football or athletics. (2 marks)

Draw: Draw a picture of Max the monkey attempting a yoga pose. Add labels to your drawing to show which parts of his body are using balance and which muscles are being stretched.



Extension challenge: Design a 5-minute 'Yoga Routine' for your classmates. Write down the names of three poses, how long to hold each one, and include a 'Breathing Break' in the middle of your routine.