

Yoga Flow with Nova the Owl

Learning objective: To understand the physical benefits of yoga, including flexibility, balance, and controlled breathing, whilst exploring body awareness.

Follow the drawing prompts below to illustrate a yoga sequence. Ensure your figures demonstrate correct posture and focus. Use the word bank to label the key components of your drawing.

Draw: Create a detailed scene showing a calm outdoor garden setting. Draw a figure in the centre performing a 'Warrior II' pose, ensuring their arms are parallel to the floor and their front knee is bent at a 90-degree angle. Add Nova the owl in the background, drawn with soft, feathery textures, watching peacefully. Use a clean, artistic style with clear lines to show the body's alignment.



Label words: Core strength · Alignment · Flexibility · Deep inhalation · Steady balance · Focus · Posture · Exhalation

Steps:

1. Step 1: Draw a character in the 'Tree Pose'. Ensure they are standing on one leg with their hands pressed together at their chest. Label the leg providing the balance.
2. Step 2: Draw Nova the owl perched nearby, observing the practice. Add speech bubbles showing two ways that yoga helps a student prepare for a maths lesson with Max.

3. Explain why maintaining a 'straight spine' is important when performing a seated forward fold.
4. Justify your answer: Does yoga primarily develop cardiovascular endurance or muscular control? Provide a reason for your choice.
5. Compare and contrast: How does the physical requirement of the 'Warrior Pose' differ from the 'Child's Pose'?
6. What might happen if a person ignores their breathing rhythm while attempting a challenging balance pose?