

Yoga Mastery with Zara the Zebra

Learning objective: To understand the physical and mental benefits of yoga, key poses, and the importance of mindfulness and controlled breathing in PE.

Use these flashcards to test your knowledge of yoga terminology and techniques. Reflect on how these movements improve your flexibility, strength, and focus.

Asana

A specific yoga posture or physical position designed to build strength and flexibility.

Pranayama

The practice of controlled breathing techniques to help calm the mind and energise the body.

Mindfulness

The act of being fully present in the moment and aware of one's thoughts, feelings, and sensations without judgement.

Tree Pose

A balancing pose that requires the practitioner to stand on one leg, helping to improve stability and concentration.

Core Strength

The power generated by the muscles in the abdomen and lower back, which is essential for maintaining many yoga postures.

Flexibility

The range of motion in your joints, which yoga helps to increase through gentle, sustained stretching.

Why is 'warming up' before yoga essential?

Warming up increases blood flow to the muscles, which helps prevent injury and improves range of motion during deeper stretches.

Compare and contrast: How does yoga differ from a high-intensity sport like football?

Football focuses on explosive speed and team tactics, whereas yoga focuses on individual control, slow-motion movement, and mental calm.

Explain why steady, rhythmic breathing is vital during a difficult pose.

Deep breathing provides oxygen to the muscles and helps the nervous system remain calm, allowing the body to hold the pose for longer without tensing up.

Justify your answer: Can yoga be considered a form of mental training as well as physical exercise?

Yes, because it requires sustained concentration and discipline to hold poses, which trains the brain to remain focused and calm under pressure.

What might happen if you rush through your yoga poses without focusing on your form?

You may lose your balance, risk straining a muscle, or fail to gain the physical benefits of the posture because the muscles are not being engaged correctly.

Design a short flow: Create a sequence of three poses Zara the Zebra might use to improve her balance and why they would be effective.

(Student's own creative response: e.g., Mountain Pose for grounding, Tree Pose for balance, and Downward Dog for stretching).