

Yoga Explorer: My Mindful Movement Journal

Learning objective: To understand the physical and mental benefits of yoga and reflect on personal performance and emotional regulation.

Use this journal to track your progress during our yoga sessions. After completing a sequence, reflect on how your body feels and how your focus has improved. Remember to use the word bank to help describe your experiences.

Word bank: Flexibility · Balance · Core strength · Mindfulness · Resilience · Controlled breathing · Postures · Concentration · Tranquility · Coordination

1. Identify your favourite yoga posture today. Describe the physical sensations you felt in your muscles while holding this position. (2 marks)

2. Explain why 'controlled breathing' is considered essential when moving between challenging yoga poses. (3 marks)

3. Compare and contrast your balance at the start of the session versus the end. What factors contributed to your improvement? (3 marks)

4. Justify your answer: How does practising yoga affect your ability to focus during other lessons in the school day? (4 marks)

5. What might happen if you ignored your body's limits during a stretching exercise? How should you adapt your approach? (3 marks)

6. Design a short sequence of three movements. Explain the order you have chosen and why they flow well together. (5 marks)

Extension challenge: Nova the owl is planning a 'Stargazing Stretch' routine. Create a persuasive poster for your classmates explaining why they should join Nova's yoga session. Use at least five words from the word bank and include a section on how yoga helps build mental resilience when facing tricky tasks.