

Physical wellbeing lesson overview and progression

Spring term 2 – We feel Loved – Balance

‘Focus on being balanced. Success is balance’

Lesson	EYFS	KS1	LKS2	UKS2
Lesson 1	<p>Balanced body: Introduce ‘balance’ to children. What do they think it means? RealGym foundations – unit 1 – creative cog – lesson 1. Focus on the skill and skill application. At the end of the lesson, reflect. How have we balanced today?</p>	<p>Balanced body: Introduce ‘balance’ to children. What do they think it means? Is it just balancing with our bodies? RealGym year 2 – unit 1 – creative cog – lesson 1. Focus on the skill and skill application. At the end of the lesson, reflect. How have we balanced today?</p>	<p>Balanced body: Introduce ‘balance’ to children. What do they think it means? Is it just balancing with our bodies? Children write down in wellbeing journals what they think balance means. RealGym year 4 – unit 1 – creative cog – lesson 1. Focus on the skill and skill application. At the end of the lesson, reflect. How have we balanced today?</p>	<p>Balanced body: Introduce ‘balance’ to children. What do they think it means? Is it just balancing with our bodies? Children write down in wellbeing journals what they think balance means. RealGym year 5/6 – unit 2 – creative cog – lesson 1. Focus on the skill and skill application. At the end of the lesson, reflect. How have we balanced today?</p>
Lesson 2	<p>Balanced body: River crossing game – lay out a series of hoops/spots that are stepping stones across the river. Individually to begin with, children have to get from one side to the other. Increase challenge by getting children to work in groups.</p>	<p>Balanced body: River crossing game – lay out a series of hoops/spots that are stepping stones across the river. In groups, children have to get from one side to the other. Increase challenge by asking one child to close their eyes. Discuss what was hardest about balancing in this game.</p>	<p>Balanced body: River crossing game – lay out a series of hoops/spots that are stepping stones across the river. In groups, children have to get from one side to the other. Increase challenge by having one child close their eyes in a group and another one having to stand on one leg. Discuss what was hardest about balancing in this game and how they overcame this.</p>	<p>Balanced body: River crossing game – lay out a series of hoops/spots that are stepping stones across the river. In groups, children have to get from one side to the other. Increase challenge by having some children close their eyes in a group and others having to stand on one leg. Discuss what was hardest about balancing in this game and how they overcame this.</p>
Lesson 3	<p>Balanced body: Children use what they have done in the past two lessons to create a balancing obstacle course in groups using a range of equipment.</p>	<p>Balanced body: Children use what they have done in the past two lessons to create a balancing obstacle course in groups using a range of equipment. Can children challenge each other and create their own rules?</p>	<p>Balanced body: Children use what they have done in the past two lessons to create a balancing obstacle course in groups using a range of equipment. Can children challenge each other and create their own rules? Teach other groups their obstacle course and discuss which was the most difficult to balance on and why.</p>	<p>Balanced body: Children use what they have done in the past two lessons to create a balancing obstacle course in groups using a range of equipment. Can children challenge each other and create their own rules? Teach other groups their obstacle course and discuss which was the most difficult to balance on and why.</p>
Lesson 4	<p>Balanced mind: Ask children how they keep their minds healthy. https://www.youtube.com/watch?v=LhYtcadR9nw Watch cosmic yoga and have a go at some of the poses that are on the video.</p>	<p>Balanced mind: Ask children how they keep their minds healthy and why it is important to keep a balanced body and a balanced mind. https://www.youtube.com/watch?v=QM8NjfCfOg0 Watch cosmic yoga – sonic and have a go at repeating the moves after the lady.</p>	<p>Balanced mind: Ask children how they keep their minds healthy and why it is important to keep a balanced body and a balanced mind. Write down in wellbeing journals how they could keep their minds balanced. https://www.youtube.com/watch?v=X655B4ISakg</p>	<p>Balanced mind: Ask children how they keep their minds healthy and why it is important to keep a balanced body and a balanced mind. Write down in wellbeing journals how they could keep their minds balanced. https://www.youtube.com/watch?v=X655B4ISakg</p>

			Children have a go at the yoga video for kids – use the yoga mats in the PE cupboard.	Children have a go at the yoga video for kids – use the yoga mats in the PE cupboard.
Lesson 5	<p>Balanced mind: Use a poster of yoga poses – children to try and copy some of the poses. All children to try balancing poses – talk about why the balancing poses are hard.</p>	<p>Balanced mind: Use a poster of yoga poses – children to try and copy some of the poses. Can they put some of the poses together to create a short sequence? All children to try balancing poses – talk about why the balancing poses are hard.</p>	<p>Balanced mind: Use a poster of yoga poses – children to try and copy some of the poses. Can they put some of the poses together to create a short sequence? Can they teach this sequence to the rest of the class? All children to try balancing poses – talk about why the balancing poses are hard. How do you think stretching, breathing and yoga helps us to have a balanced mind? Write thoughts in wellbeing journals.</p>	<p>Balanced mind: Use a poster of yoga poses – children to try and copy some of the poses. Can they put some of the poses together to create a short sequence? Can they teach this sequence to the rest of the class? How do you think stretching, breathing and yoga helps us to have a balanced mind? Write thoughts in wellbeing journals.</p>
Lesson 6	<p>Balanced mind: Begin with breathing exercise – box breathing, in for 4, hold for 4, out for 4. 5 minutes of gratitude, what makes you happy? What do you enjoy doing? Who do you want to say thank you to? One of the best ways to keep a balanced mind is by taking care of your body. RealGym Unit 1 – creative cog – lesson 2. Focus on skill and skill application.</p>	<p>Balanced mind: Begin with breathing exercise – box breathing, in for 4, hold for 4, out for 4. 5 minutes of gratitude, what makes you happy? What do you enjoy doing? Who do you want to say thank you to? One of the best ways to keep a balanced mind is by taking care of your body. RealGym Year 2 Unit 1 – creative cog – lesson 2. Focus on skill and skill application.</p>	<p>Balanced mind: Begin with breathing exercise – box breathing, in for 4, hold for 4, out for 4. 5 minutes of gratitude, what are you grateful for this week? Why is this? Write down in wellbeing journals. One of the best ways to keep a balanced mind is by taking care of your body. RealGym Year 4 Unit 1 – creative cog – lesson 2. Focus on skill and skill application.</p>	<p>Balanced mind: Begin with breathing exercise – box breathing, in for 4, hold for 4, out for 4. 5 minutes of gratitude, what are you grateful for this week? Why is this? Write down in wellbeing journals. One of the best ways to keep a balanced mind is by taking care of your body. RealGym year 5/6 – unit 2 – creative cog – lesson 2. Focus on the skill and skill application.</p>



Camel pose



Plow pose



Boat pose



Tree pose



Triangle pose



Belly breathing



Warrior pose



Down dog pose



Cobra pose



TREE POSE



CAMEL POSE



LORD OF THE DANCE POSE



CHAIR POSE



BIG TOE POSE



TRIANGLE POSE



BOW POSE



BOAT POSE



SCORPION POSE



DOWN DOG POSE



WARRIOR POSE



PLANK POSE



COW POSE



SEATED SIDE POSE



WARRIOR 2 POSE



LUNGE POSE