

# School Sport Victoria - Wellness Activity Videos

## YOGA

**Summary:** These four videos introduce students to yoga and provide them with skills and knowledge they can use to improve their health and fitness. Students will learn to connect to their breath and be introduced to a variety of breathing techniques that will assist them to be centred and grounded in everyday life experiences. Students will gradually improve their ability to engage certain muscles while holding specific poses and shapes. They will also learn the importance of resting between poses to calm the mind and body.

### Victorian Curriculum Links

**Levels Addressed:** Level 6 and Level 8

**Learning Area:** Health and Physical Education

**Strand and sub-strands:**

- *Movement and Physical Activity*
  - Moving the body
  - Understanding movement
  - Learning through movement
- *Personal, Social and Community Health*
  - Being healthy, safe and active



For a more detailed understanding of how the content descriptors are addressed through these Yoga videos see pages 2 & 3.

## Movement & Physical Activity:

Sub-Strand	Curriculum - Content Descriptions	Pedagogy – Examples of how students may meet these content descriptions:
<i>Moving the body</i>	<p><b>Level 6:</b> Practise specialised movement skills and apply them in different movement situations in indoor, outdoor and aquatic settings (<a href="#">VCHPEM115</a>)</p> <p><b>Level 8:</b> Use feedback to improve body control and coordination when performing specialised movement skills (<a href="#">VCHPEM133</a>)</p>	<ul style="list-style-type: none"> <li>• Students will use fundamental movement skills such as jumping and balancing on one foot to perform yoga specific skills (e.g. balancing on one foot to perform a tree pose).</li> <li>• Students will learn yoga poses such as the tree pose and Warrior 1, 2 &amp; 3.</li> <li>• Students will learn how to use their breathing to assist with performing yoga shapes and poses.</li> <li>• Students will be taught how to improve body control when performing yoga shapes and poses, such as engaging the core and drawing their belly button towards their spine.</li> <li>• Students will use kinaesthetic feedback when learning and coordinating yoga shapes and poses.</li> <li>• Students will progress through simple shapes and poses to more challenging ones (e.g. from sphinx and cobra to upward facing dog).</li> <li>• Students will learn how they can use a variety of yoga poses in different situations.</li> </ul>
<i>Understanding movement</i>	<p><b>Level 6:</b> Participate in physical activities designed to enhance fitness, and discuss the impact of regular participation on health and wellbeing (<a href="#">VCHPEM118</a>)</p> <p><b>Level 8:</b> Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans (<a href="#">VCHPEM136</a>)</p>	<ul style="list-style-type: none"> <li>• Students will participate in various exercises and movements designed to improve health-related fitness components such as flexibility, muscular endurance and strength, and the skill-related fitness component of coordination. For example, students will focus on muscular endurance of their core muscles when performing Warrior 1).</li> <li>• Students will participate in warm up and cool down exercises and stretches.</li> <li>• Students will learn how to incorporate correct breathing techniques while performing a warm up, cool down and throughout the yoga poses and shapes.</li> <li>• Students will learn anatomical terms and how to activate and engage a variety of muscles.</li> <li>• Students will understand the difference between lengthening, extending and flexing their muscles.</li> <li>• Students will understand the benefit of regular participation in yoga on their health and wellbeing.</li> </ul>
<i>Learning through movement</i>	<p><b>Level 6:</b> Apply critical and creative thinking processes in order to generate and assess solutions to movement challenges (<a href="#">VCHPEM121</a>)</p> <p><b>Level 8:</b> Evaluate and justify reasons for decisions and choices of action when solving movement challenges (<a href="#">VCHPEM140</a>)</p>	<ul style="list-style-type: none"> <li>• Students will be required to persist and successfully perform new and challenging movement skills. These may include different poses, shapes or balances with their body.</li> <li>• Students will learn basic flows (e.g. Sun Salutation A) that will require them to use a combination of movement skills.</li> <li>• Students will learn how to move through space and hold shapes for a few breaths.</li> <li>• Students will be asked to develop stronger movement sequences that incorporate a variety of standing poses and flows.</li> <li>• Students may find a variety of the movements new and challenging, therefore be required to focus on their technique and key teaching points from the instructor.</li> <li>• Students will be asked to evaluate and justify the strategies they used to complete different yoga poses and shapes.</li> </ul>

Personal, Social and Community Health:

Sub-Strand	Curriculum - Content Descriptions	Pedagogy – Examples of how students may meet these content descriptions:
<p><i>Being healthy, safe and active</i></p>	<p><b>Level 6:</b> Plan and practise strategies to promote health, safety and wellbeing (<u>VCHPEP108</u>)</p> <p><b>Level 8:</b> Investigate and select strategies to promote health, safety and wellbeing (<u>VCHPEP126</u>)</p>	<ul style="list-style-type: none"> <li>• Students will learn to connect to their breath and participate in a variety of breathing techniques that will assist them to be centred and grounded in everyday life experiences.</li> <li>• Students will understand the lineages of yoga, the fundamentals of the practice and how this can be included in their lives.</li> <li>• Students will learn to understand how their body feels and the impact this can have on their physical, mental and emotional wellbeing.</li> <li>• Students will be asked to identify what makes them happy and calm and will be provided with strategies to use when they feel angry or tense.</li> <li>• Students will learn the importance of resting between poses to calm the mind and body.</li> <li>• Students will participate in meditation and mindfulness practices.</li> <li>• Students will be asked to propose opportunities to practice yoga at home to continue the benefits to their health and wellbeing (including breathing techniques and mindfulness).</li> </ul>