# Yoga

We often take part in yoga at nursery as a time to unwind, relax, be mindful and stretch our muscles. Cosmic Kids is a friendly and fun way to become active as children go on an adventure through a favourite story e.g. Frozen/Superheroes. <https://www.cosmickids.com/> or <https://www.youtube.com/user/CosmicKidsYoga>

Change4Life and Disney have teamed up again to bring you new Shake Up games inspired by Disney and Pixar's *Toy Story 4* and *Incredibles 2*, Disney's *The Lion King* and *Frozen*. These 10-minute bursts of fun will really get your children moving and count towards the 60 active minutes they need every day!

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

This can be a nice experience at the end of the day to relax and unwind. You can enjoy Yoga together as a family. (You may be surprised - it is quite tricky!) Why not create your own yoga routine making it an enjoyable relaxation before bedtime.

Curriculum for Excellence

I am learning to move my body well, exploring how to manage and control it and finding out how to use and share space. HWB 0-21a



I am developing my movement skills through practice and energetic play. HWB 0-22a

Skills Developed

I am learning to move my body well, exploring how to manage and control it and finding out how to use and share space. HWB 0-21a

* Show control of personal space and body parts when moving
* Holds balance in various shapes and maintain balance when moving
* Focuses on task and pays attention to stimuli, for example, instructions from a practitioner, parents or programme.
* Recognises external cues that need an immediate response, for example, starting and stopping.
* Remembers two-step simple instructions, for example, bounce the ball and then change direction.
* Works out the order for dealing with information (or tasks). • Repeats tasks in the correct sequence.
* Makes decisions in response to simple tasks, for example, knowing when to start and stop.
* Listens to and makes sense of two/three pieces of information, for example, bounce the ball when moving forwards.

I am developing my movement skills through practice and energetic play. HWB 0-22a

* Beginning to link movements together( moves body or parts in order).
* Beginning to move with purpose.
* Beginning to develop knowledge and understanding of what a quality movement looks and feels like.
* Demonstrates how to use repeated patterns of movement to create simple sequences, for example, one foot to two feet jumping.
* Performs basic components of movement, for example, run, jump, gallop, transfer of weight from one foot to another
* Is beginning to perform movement skills in sequence, for example, catch an object with two hands.
*  Is beginning to demonstrate eye/hand and eye/foot co-ordination required for movement skills, for example, pass object from one hand to the other.