Knowledge Organiser
Mindful Movement Year 2

Get Set 4 Education

About this Unit

Mindful Movement is a fun way to help your body and mind feel strong and healthy.

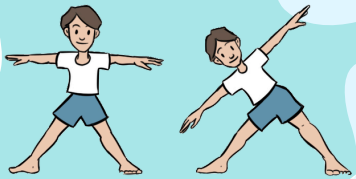
You can move and balance in different positions, often inspired by nature. You can also use slow calm breaths to help you relax and focus.

Being mindful means noticing how your body and mind feel in the moment.

balance
look at something still

flexibility
breathe out to stretch a little further

Mindful Movement will help my body with:



strength
squeeze your muscles

co-ordination
move slowly to move from one pose to another

Ladder Knowledge



Balance:
you can squeeze your muscles to help you to balance.

Flexibility:
flexibility helps you to stretch your muscles and increase the movement in our joints.

Strength:
strength helps you with everyday tasks such as carrying your school bag.

This unit will also help you to develop other important skills.

Movement Skills

- balance
- flexibility
- strength
- co-ordination

Social respect, leadership, work safely, collaboration

Emotional confidence, perseverance, honesty, focus, identify feelings

Thinking create, select and apply, comprehension, decision making, reflection

Strategies

- Use breathing activities and poses to help you feel calm and relaxed.
- Use breathing activities and poses to help you notice how you feel about a situation.

Healthy Participation

- Bare feet so you don't slip.
- Stretch slowly and breathe deeply..

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk



Key Vocabulary

breath	flexibility	strength
choose	focus	
create	perform	



If you enjoy this unit why not see if there is a yoga or pilates class in your area.

This unit will help you to:

- balance
- move different body parts at the same time
- be more flexible
- be stronger

Head to our youtube channel to watch the skills videos for this unit. @getset4education136

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