



Yoga Intent, Implementation and Impact Statement

“The primary aim of yoga is to restore the mind to simplicity and peace, and free it from confusion and distress”.

B.K.S Iyengar

Intent:

At Woolenwick Infant and Nursery School, we intend for all children to immerse themselves in the principles of Yoga. Practising yoga allows children to unwind, whilst simultaneously engaging in physical exercise, paving the way for a life-long tradition of health and fitness. Yoga sessions create an atmosphere of confidence, enthusiasm, and non-competitiveness where everyone can succeed. Children can experience the joy of fundamental movement and will achieve a positive “can do” attitude feeling empowered, and an understanding of their own bodies.

Implementation:

The curriculum has been carefully planned to cover Yoga skills which engage children’s interests and to enable children to logically develop the knowledge and skills they will need now, and for the next steps in their learning journey. Learning is sequenced, so that the intended curriculum for each year group builds upon what has been taught before, and children work towards clear end points. Educators make meaningful links between subjects wherever possible. This allows children to connect new knowledge to help them remember it. Each new study of learning begins by revisiting the previous related knowledge, allowing children to retrieve what they have already learned in the earlier sequence of study, and ensures new knowledge is taught to build on prior learning. Children acquire knowledge and skills in a coherent and progressive way. This ensures the knowledge and skills become embedded in their long-term memory and can be applied in the other areas of learning. Educators are learning partners who develop children’s deeper thinking skills, theories, and ideas through skilful open-ended questioning.

We are committed to improving vocabulary by incorporating subject specific words.

Every child, from Nursery to Year Two experience weekly yoga sessions led by our trained Yoga Practitioner. Sessions are sequential and planned to link with skills and knowledge development, whilst making connections to other curriculum areas. For example, in EYFS linked to traditional tales, the children are able to follow the stories through movement. In Key Stage One children are able to focus on broader positive affirmations, both mentally and physically through poses. Yoga learning is also linked to whole school projects such as National Yoga Day, Seasons, and events such as Chinese New Year or World Book Day. The children focus within and pay attention to the movement of their bodies and how breathing coordinates with these movements. Weekly Yoga poses are shared on the newsletter in ‘Yoga poses of the week’ for children and families to practice together.

Impact:

Yoga is proven to enhance focus, concentration, comprehension, and memory. The poses help to improve physical fitness, by improving posture, balance, coordination, strength, flexibility, and body awareness. Yoga helps children manage their anxiety and boosts self-esteem. Balance poses require more concentration, which translates into the wider classroom and other activities. The children experience different ways of moving, learning how to negotiate space, and develop control and coordination. They learn about different parts of their body, and the importance of Self. The weekly practise helps the children relieve any stress or anxiety, by using breathing and internal focus to calm the mind and nervous system. The children learn the ability to recognise and change behaviours, thoughts and emotions based on the situation at hand. Self-regulation skills help children solve problems and adjust to new challenges. Children also demonstrate dispersions and attitudes relating to our Building Learning Power.