Yoga Gym

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Yoga Gym explores fun and innovative ways to use yoga to enhance teaching and learning in primary gymnastics. Gymnastics skills are defined as set movements which require good body line and encourage the child to maintain suppleness and tension throughout the body, using a variety of body parts to make shapes while exploring space, transferring weight, balancing, twisting, turning and stretching. Yoga poses can be compared to the ‘shapes’ outlined in the gymnastics curriculum. The child-friendly names assigned to yoga poses engage the child’s innate sense of creativity and imagination as they learn to structure gymnastic sequences.

* Shape, Balance, Poise and Coordination, Transferring Weight

* Yoga: Partner Poses and Group Poses
Gymnastic Rolls

- pencil/log; teddy bear; tucked; dish,
- Roll sequence: Starting shape, pencil stretch, dish shape, roll onto back, curl and tuck, butterfly pose, bat pose, boat balance, pencil stretch, roll onto belly, bow pose or shark pose, roll onto back, curl tuck and stand, finish with a strong shape.

Shapes to use in Roll Sequences

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Creative sequencing

In groups, create a gymnastics sequence that:
- Utilises a variety of movement actions: walking/running/skipping/jumping/balancing/weight transfer/hands and feet
- Links skills together in an aesthetic way
- Incorporates apparatus
- Includes partner poses

Remember to:
- Demonstrate good body tension and posture throughout
- Develop body awareness through variations of direction, pathway, speed and levels
- Absorb energy to avoid shock while landing