



AVANTI GRANGE

SECONDARY SCHOOL

Curriculum Map

Subject: Yoga

The Avanti Grange Yoga Curriculum will provide opportunities for students to discover the many benefits of yoga on their wellbeing. It is crafted to cultivate a safe and supportive learning environment that is calm and peaceful, where everyone can exercise the body and the mind. The curriculum will focus on building the physical and mental skills of balance, strength, flexibility, focus and to be calm. Not only will these skills be practised on the yoga mat, but students will also be encouraged to develop them off the mat, in their daily lives through self-awareness, resilience, emotional literacy, well-being strategies and stress management tools.

Students will engage in a broad range of activities to include:

- Physical yoga poses/postures and flowing yoga sequences
- Deep breathing exercises
- Relaxation
- Meditation
- Positive Thinking
- Philosophy of Yoga

The curriculum aims to ensure that all students develop competence in physical yoga postures, breathing and relaxation techniques and to develop healthy habits to help students to lead healthy, physically active lives. Lessons will be planned to ensure that pupils of differing abilities are suitably challenged, encouraged and supported.

Spiritual Wellbeing - Guided Discussion Groups

Effective interaction promotes understanding and deepens our connections with others through empathy and respect. It is not just about building the confidence to voice your opinions but also understanding the perspectives of others and a rooted connection to a deeper sense of self.

Year 7		
Autumn Term	Spring Term	Summer Term

Topic: Introduction to Yoga Yoga routines and expectations What is yoga? Discussions Foundation yoga poses Foundation yoga poses with a variation to create a new pose Mindful Breathing Mindful Relaxation – Self Check In	Topic: Sun Salutation C Poses: Mountain Upward Salute Standing Forward Bend Low Lunge Plank Cobra Downward Facing Dog (Sun Salutation A) Yogic/Diaphragmic (Belly) Breathing Body Scan Relaxation Tense and Release Relaxation	Topic: Yoga Pose Orientations A selection of seated, standing, prone and supine yoga poses. Three Part/Complete Breath Review relaxation/meditation techniques
Year 8		
Autumn Term	Spring Term	Summer Term
Topic: Avanti & Yoga Values, Respect and Gratitude Review of Y7 poses, with modifications and variations Selection of nature poses Bhramari Pranayama (Buzzing Bee Breath) Visualisation Meditation	Topic: Avanti & Yoga Values, Discipline and Courage Sun Salutation B Warrior Poses Breath Meditation Thoughts Meditation	Topic: Avanti & Yoga Values, Empathy and Integrity Partner and group poses Shoulder stand and selection of prep poses Metta / Loving Kindness Meditation Review breathing and relaxation/meditation techniques
Year 9		
Autumn Term	Spring Term	Summer Term
Topic: Yoga for the Legs Standing Poses	Topic: Yoga for the Body Core Poses	Topic: Yoga for the Upper Body Back Bends

Hip Opening Poses Physical and energetic benefits of these poses Mindful Breathing - counting the breath Lion's breath Grounding 5 Senses Mindful Meditation Thoughts Mindfulness Meditation	Forward Bends Physical and energetic benefits of these poses Energising and Calming Breathwork (including Kapalabhati) Visualisation Meditation	Inversions – Headstand Physical and energetic benefits of these poses Ujjayi Breath Mantra Meditation Review breathing and relaxation/meditation techniques
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