

The Rise Yoga Curriculum KS3-4

Year	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Y7	<p>Partner Yoga Beginning Warm Up Asana- Rainbow, Table top, Double moon, Double chair, Washing windows, Energy circle, Double tree, Seesaw, Pretzel, Straddle bell, Pebbles, Giant candle Game Winding down/ Breathing Relaxation</p>	<p>Focusing on Hamstrings 1 Beginning Warm Up Asana- Dog, walking the dog, Uttanasana, Tadasana, Tree, Natarajasana, Warrior 3 Game Winding down/ Breathing Relaxation</p>	<p>Focusing on Hamstrings 2 Beginning Warm Up Asana- Warrior 1 & 2, Wide legged forward bend, superman, stretches, cobra, blossoming lotus flower, leg stretches on back, Shoulder stand, Supine spinal twist Game Winding down/ Breathing Relaxation</p>	<p>Pair work & massage Beginning Warm Up Asana- Jumping in pairs, Earth-sky breaths, swaying skyscraper, leaning tower of pizza, shark pose, little boat Game Winding down/ Breathing Relaxation</p>	<p>Rolling Beginning Warm Up Asana- Rolling like a ball, Mousie brown poem, Supine twist, star stretch and roll, resting eyes Game Winding down/ Breathing Relaxation</p>	<p>Revision week wise of the topics covered each term</p>
Y8	<p>Sun Salutation Beginning Warm Up Asana- Tadasana, Stretch, Uttanasana, Lunge, Plank, Caterpillar, Cobra, Dog, Lunge,</p>	<p>Balance 1 Beginning Warm Up Asana- Cat stretch & breath, Dog & extended dog, Tiger balance, Child’s pose, Tadasana, Vrikasana, Warrior</p>	<p>Balance 2 Beginning Warm Up Asana – Warrior, Tree, Tadasana, Garudasana, Ardha</p>	<p>Energy 1 Beginning Warm Up Asana – Tadasana, Warrior 1, 2 &3, Cat, Dog, Uttanasana, Trikon, Ardha Chandrasana Game</p>	<p>Energy 2 Beginning Warm Up Asana – Superman stretches, Locust, Bow, Child, Rock & rolling, Sarvangasana, supine spinal twist Game</p>	<p>Revision week wise of the topics covered each term</p>

	Uttanasana, Stretch, Tadasana Game Winding down/ Breathing Relaxation	Game Winding down/ Breathing Relaxation	Chandrasana, Navkasana Game Winding down/ Breathing Relaxation	Winding down/ Breathing Relaxation	Winding down/ Breathing Relaxation	
Y9	Introduction to Yoga1 Beginning- vidoes Warm Up Asana- Strength building vinyasana, child's pose, squat/balance to standing, tadasana, trikonasana, Prasarita padottanasana Game Winding down/ Breathing Relaxation	Introduction to Yoga2 Beginning Warm Up Asana- Bend, Utkatasana, Vrkasana, Uttanasana, Suptamatsyendrasana Game Winding down/ Breathing Relaxation	Balance A Beginning Warm Up Asana- Tadasana, Bidasana, Tiger, Plank Game Winding down/ Breathing Relaxation	Balance B Beginning Warm Up Asana- Dog, Side plank, Pindasana, Child, Uttanasana, Tree, Nadi sodhana, Supine twist Game Winding down/ Breathing Relaxation	Introducing Sun Salute Beginning Warm Up Asana- Sun salutations, Open dog pose, Utthan pristhasana, pigeon, hanuman Game Winding down/ Breathing Relaxation	Sequences Beginning Warm Up Asana- Calming, Concentration, Warm up, Energising Game Winding down/ Breathing Relaxation
Y10	General 1 Beginning Warm Up Asana- Rolling, Side stretches & shoulder warm up, sun salute holds, warrior sequence. Game Winding down/ Breathing Relaxation	General 2 Beginning Warm Up Asana- Trikon, Tree, Uttanasana, Gomukhasana, Low cobra, Locust (salabhasana) Game Winding down/ Breathing Relaxation	The Olympics 1 Beginning Warm Up Asana- Tadasana, Dandasana, Supine lying, Wide legged forward bend, Janu sirsasana, Lunge Game	The Olympics 1 Beginning Warm Up Asana- Lunge, Squat into lunge, crow, Warrior 1 &2, Trikon into Ardha Chandra, Standing spinal twist, Hanstand, Dhanurasana Game Winding down/ Breathing	Focusing on Hamstrings Beginning Warm Up Asana- Warrior 1 & 2, Wide legged forward bend, superman, stretches, cobra, blossoming lotus flower, leg stretches on back, Shoulder stand, Supine spinal twist Game	Focusing on Hamstrings 1 Beginning Warm Up Asana- Dog, walking the dog, Uttanasana, Tadasana, Tree, Natarajasana, Warrior 3 Game Winding down/ Breathing Relaxation

			Winding down/ Breathing Relaxation	Relaxation	Winding down/ Breathing Relaxation	
Y11	Introduction to Yoga1 Beginning- vidoes Warm Up Asana- Strength building vinyasana, child's pose, squat/balance to standing, tadasana, trikonasana, Prasarita padottanasana Game Winding down/ Breathing Relaxation	Balance 1 Beginning Warm Up Asana- Cat stretch & breath, Dog & extended dog, Tiger balance, Child's pose, Tadasana, Vrikasana, Warrior Game Winding down/ Breathing Relaxation	Balance 2 Beginning Warm Up Asana – Warrior, Tree, Tadasana, Garudasana, Ardha Chandrasana, Navkasana Game Winding down/ Breathing Relaxation	Energy 1 Beginning Warm Up Asana – Tadasana, Warrior 1, 2 &3, Cat, Dog, Uttanasana, Trikon, Ardha Chandrasana Game Winding down/ Breathing Relaxation	Energy 2 Beginning Warm Up Asana – Superman stretches, Locust, Bow, Child, Rock & rolling, Sarvangasana, supine spinal twist Game Winding down/ Breathing Relaxation	General 3 Beginning Warm Up Asana- Bow, Pindasana, Marischyasana, setu bandha, sarvangasana, supine twist, handstand Game Winding down/ Breathing Relaxation