The Rise Yoga Curriculum KS3-4

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

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

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