

Key Learning Program: Challenge	Subject: Health and physical activity		Lesson: Warm Up Yoga
Curriculum Level: B-Foundation Minimum time allocation: 6-15minutes Suggested Activities: This session is designed around Yoga, to get students active and moving. To prepare students for the day or sessions to come. Two video resources are available to allow involvement across all abilities Learning intention: To engage and learn through movement Success Criteria: To complete session while moving			
Activities for developing concepts and understanding	Blackwood teacher	Classroom Teacher	Resources
Students will be completing the activity individually to challenge own personal strengths through trial and when this becomes hard	Introduce yourself and the session of Yoga and the present benefits: <ul style="list-style-type: none"> - Strengths - Flexibility - Balance Start virtual Yoga video. Support students by asking questions. <ul style="list-style-type: none"> - I understand it's hard, can we try again together - Can you try by yourself first? 	Set students up an open area and prepare video to begin. Great for teachers and aids to get involved	Shared screen where students can visually see virtual session. Where they can have personal space to complete all the movements. There are two links below catering for students that are in wheelchairs or not. <u>Kids Yoga Australian Animal Adventure (15:22)</u> https://www.youtube.com/watch?v=bqw0sw1bQ3U <u>Sit and stretch yoga (6.16)</u> https://www.youtube.com/watch?v=dnwHDN6Dw7Q

Conclusion Students will come together for a quite group discussion	Debrief <ul style="list-style-type: none"> - What was your favourite Movement? - What move was challenging? - Is it ok to be challenged? 		
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Victorian Curriculum Links

CURRICULUM LEVEL B-Foundation				
Challenge: Movement and physical activity				
Strand and Sub Stand		Movement and Physical Activity Learning through movement		
Content Descriptor	B: Use trial and error to develop balance, independent moving across surfaces and manipulation skills	C: Test possible solutions to movement challenges through trial and error to maintain balance and coordination as they move over and through a range of surfaces and grasp and manipulate objects	D: Test possible solutions to movement challenges by negotiating the space around them and manipulate objects (VCHPEM055)	FOUNDATION: Propose a range of alternatives and test their effectiveness when solving movement challenges (VCHPEM086)
Achievement Standard	B: Students use trial and error to solve basic movement challenges.	C: Students perform basic gross motor movement patterns and maintain balance and coordination as they move over and through a range of surfaces and use a range of equipment	D: Students perform fundamental movement skills involving simple gross motor movements and solve basic movement challenges	FOUNDATION: Students perform fundamental movement skills and solve movement challenges