YogaBugs PE Classes

YogaBugs helps children develop both physically and emotionally.

The class plans have been created using the attainment targets, aims and objectives of the National Curriculum. We integrate Speaking and Listening, Physical, Social and Health Education (PSHE) and Physical Education (PE).

Class structure:

- Warm up and sun salutation
- Adventure with a variety of YogaBugs postures
- Relaxation & Breathing techniques

Benefits/Outcomes:

**Improves balance**
A variety of postures (tree, surfer, stalk, cactus, dancer) improves children’s balance

**Improves coordination skills**
A variety of postures integrate the left and right brain function to improve coordination (bear, marching, sticky mud walking)

**Improves agility**
Classes are structured so children change from one posture to another in a variety of speeds

**Increasing confidence**
Children of all abilities can excel in YogaBugs as they develop to their own ability. Children can progress through the postures at their own pace as postures can be adapted for individuals

**Improving concentration & listening skills**
Balancing postures are used to teach children to focus their mind. Children have to listen to follow the story and concentration techniques are incorporated into the relaxation period to help keep the mind in one place instead of letting it wander.