

Selby Community Primary School

Subject Knowledge bank

PE		Year 2	
Focus: Yoga			
Age related PE vocabulary			
Teamwork	Working together	partner	Person who you work with
shoot	Sending a ball towards a goal or target by throwing or kicking	fitness	Helping to keep you physically healthy.
score	Winning a point	rhythm	A strong regular repeated pattern of movement or sound.
space	Somewhere where there is no other player	coordination	The ability to move your body efficiently and smoothly.
sequence	A series of linked movements	pass	Moving a ball to a team mate
movement	How and where you move your body.	performance	Presenting something you have practised



- Flow - moving from one posture to another
- Pose - a particular position
- Balance - remaining steady
- Breath - awareness of inhaling and exhaling
- Focus - centre of attention
- Position - a particular way someone is arranged
- Routine - a sequence of poses and movements
- Mindfulness - being calmly aware of your mind, your feelings and your body
- Namaste - the greeting in yoga
- Wellbeing - being comfortable, healthy and happy
- Relax - not tense or anxious in mind or body
- Posture - the way you hold yourself in a position
- Strength - becoming more physically capable to hold a position for longer or perform more complex flows.