Knowledge Organiser
Mindful Movement Year 1

Get Set 4 Education

Ladder Knowledge

Balance:

Focusing on something still will help you to balance.

Flexibility:

Mindful Movement helps to improve flexibility which you need in everyday tasks.

Strength:

You can use strength to move slowly and with control.

About this Unit

Mindful Movement uses balances and breathing to help your body and mind stay healthy and strong.....It's like a secret superpower!

Imagine stretching your body like a playful cat or pretending to be a tree swaying in the wind. Each movement or balance has a name. Practising Mindful Movement can help you build strength, improve flexibility and balance, and feel calm and focused.



Movement Skills

- balance
- flexibility
- strength
- co-ordination

This unit will also help you to develop other important skills.

Social	move safely, listen to others, collaborate
Emotional	concentration, focus, identify feelings
Thinking	observation, copy and repeat, recognise, create, select and apply

Strategies

If you feel angry, sad, mad, nervous or like you need a moment, try one of the breathing activities from your lessons.

Healthy Participation

- Don't wear shoes or socks to make sure that you do not slip.
- Stretch slowly and breathe deeply, never force a pose.

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk



Key Vocabulary

balance	focus
breath	listen
copy	slowly
feel	stretch



This unit will help you to:

- balance
- move different body parts at the same time
- be more flexible
- be stronger

Head to our youtube channel to watch the skills videos for this unit. @getset4education136

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