



Physical Education

Health and Wellbeing

Unit Purpose

The unit of work will explore how we feel in our minds and in our bodies, when we experience various **emotions**.

Pupils will learn how to execute **meditative balances** and **relaxation techniques** to help combat feelings of anxiety. Pupils will gain an awareness of how to apply these techniques in day-to-day life.

Inspire Me

Did you know ... that when we are stressed and worried our body releases a hormone known as cortisol. Deep breathing increases the supply of oxygen to our brain, lowers our heart rate and decreases the release of cortisol, helping us to feel calm and relaxed.



Key Success Criteria

- P** Pupils will develop their ability to use and apply different relaxation techniques. Pupils will be able to execute a variety of meditative balances correctly.
- C** Pupils will understand what relaxation means as well as understanding why meditative balances can benefit the mind and body.
- S** Pupils will effectively apply life skills such as cooperation as they collaborate with others and support each other to develop their mindfulness techniques.
- W** Pupils will develop their ability to stay focused when using various mindfulness techniques as they strive to improve their performances showing integrity.

Vocabulary for Learning

Emotions: An emotion is how we are feeling. An emotion is a psychological feeling brought on as a reaction to what happens to us and around us.

Relaxed: means when we are calm and free from stress, tension and anxiety.

Anxious: is a feeling or showing worry, nervousness, unease or fear about something or a situation.

Balanced: means that we can hold our bodies still without moving for a sustained period of time.



Sport Specific Vocabulary

Relaxation techniques: Relaxation techniques are methods, such as breathing, meditation and exercise, that can be used by an individual to help reduce stress and anxiety levels.

Meditative Balances: A meditative balance is a still position that pupils hold still for at least ten seconds or three long in, and out breaths.

Deep Breathing: Deep breathing is a relaxation technique that is used to help us to relax and to feel more calm.

Communication

Use mime to **explore** positive and negative emotions

Create movement sequences to **express emotions**

Reflection

Interpret music to **create** expressive movement

Transition to Year 4

Explore relaxation techniques

Performing meditative balances

Year 3 Learning Journey

Cooperation

Applying relaxation techniques and using them effectively

Decision Making

Utilising meditative balances in pairs

Self Discipline

Using props to help us balance in our meditative balances