



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.

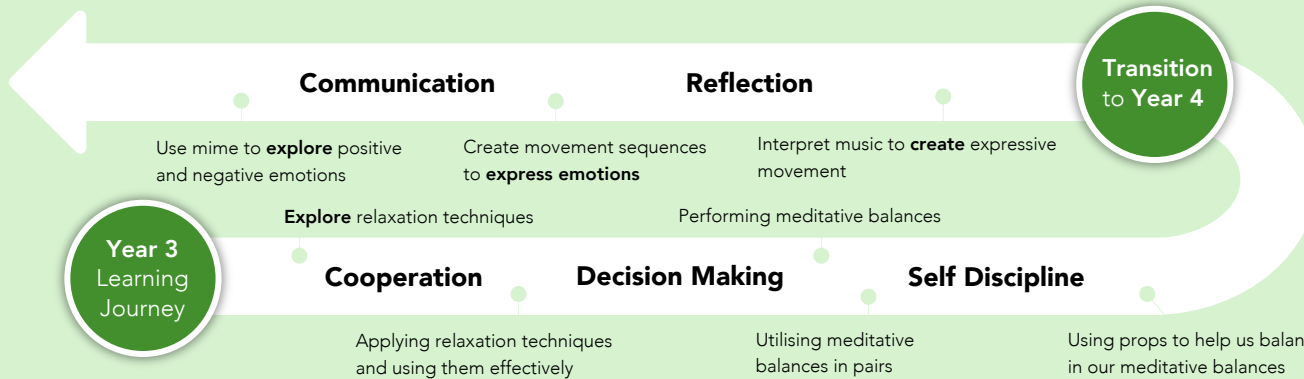


Sport Specific Vocabulary

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.





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Unit Purpose

The unit of work will focus on exploring positive and negative **emotions** and managing them through using mindfulness techniques such as visualisation, using music, **meditative balances**, **mime** and **deep breathing**.

Pupils will be able to bring these emotions to life and understand how we can manage them.

Inspire Me

Did you know ... that Buddhism is a religion that focuses on mindfulness, personal and spiritual development and meditation.

Buddhism is one of the world's largest religions and originated 2,500 years ago in India.



Key Success Criteria

- P** Pupils will be able to use their skills of deep breathing, meditative balances and mime in order to focus and apply these techniques in a variety of activities.
- C** Pupils will be able to discuss and explain their emotions, understanding why it is important to use mindfulness techniques in order to combat negative emotions.
- S** Pupils will effectively apply life skills such as communication 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.

Mindfulness: Is the ability to maintain awareness and keep control of our thoughts and feelings.

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

Expression: is the action of making our thoughts or feelings known.



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 calm.

Mime: Mime is acting without words, using only gestures, expression and movements.

