



Reepham Church of England Primary School
Be Known. Be Loved. Belong.
Long Term Planning

School Vision: Be Known. Be Loved. Belong.
“Who you are is God’s gift to you. Who you become is your gift to God.”

Subject Intent: Our PE curriculum ensures that children are physically and mentally confident. Children are active, understand healthy living (including mental health), build character and embed values such as fairness and respect.

Spirituality in PE

How do you celebrate a new skill? How does it feel to be proud and how do you respond to frustrations if your team is not winning?

What does it feel like to be completely focused on a task or challenge? How do you recognise the delight in

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	TERM 1		TERM 2		TERM 3	
Reception	Introduction to PE : Unit 2	Fundamentals : Unit 2	Gymnastics	Dance : Unit 2	Games : Unit 2	Ball Skills : Unit 2
Year 1	Fundamentals	Target Games	Gymnastics	Dance	Athletics	Net and Wall Games
	Ball Skills	Invasion Games	Yoga			Striking and Fielding Games
Year 2	Fundamentals	Target Games	Gymnastics	Dance	Athletics	Net and Wall Games
	Ball Skills	Invasion Games	Yoga			Striking and Fielding Games
Year 3	Tag Rugby	Hockey	Dance	Gymnastics	Athletics	Tennis
			OAA	Yoga		
Year 4	Netball	Football	Dance	Gymnastics	Athletics	Cricket
			OAA	Yoga		
Year 5	Tag Rugby	Hockey	Dance	Gymnastics	Athletics	Tennis
			OAA	Yoga		
Year 6	Netball	Football	Dance	Gymnastics	Athletics	Cricket
			OAA	Yoga		

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Long Term Planning

	Autumn Term	Spring Term	Summer Term
R	<p><u>Introduction to PE</u> Move around safely in space Follow instructions and stop safely Stop safely and develop control when using equipment Follow instructions and play safely as a group Follow a path and take turns Work cooperatively with a partner</p> <p><u>Fundamentals (Unit 2)</u> Develop balancing Develop running and stopping Develop changing direction Develop jumping Develop hopping Explore different ways to travel using equipment</p>	<p><u>Gymnastics</u> Participate and enjoy a variety of travelling activities – safely negotiating space Log and egg roll – individually and together showing good control Standing shapes – stretch, star, tuck Stork stand and arabesque Sitting shapes – pike, straddle, tick 2 foot to 2 foot jump Jump, land and roll safely from a low platform Children are taught how to move the mats and benches safely and cooperatively</p> <p><u>Dance: Unit 2</u> <u>AT THE SEASIDE</u> Copy, repeat and explore actions in response to a theme Explore and remember actions considering level, shape and direction <u>AT THE FIREWORKS DISPLAY</u> Explore movement using a prop with control and coordination Move with control and coordination, expressing ideas through movement <u>AT THE FARM</u> Remember and repeat actions moving in time with the music Explore actions in response to a theme and begin to use counts</p>	<p><u>Games: Unit 2</u> Aim when throwing and practice keeping score Follow instructions and move safely when playing tagging games Learn to play against a partner Develop coordination and play by the rules Explore striking a ball and keeping score Work cooperatively as a team</p> <p><u>Ball Skills: Unit 2</u> Develop rolling and tracking a ball Develop accuracy when throwing to a target Develop dribbling with hands Develop throwing and catching with a partner Develop dribbling a ball with feet Develop kicking a ball to a target</p>

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1	<p>Fundamentals NC strands – master basic movements including running, jumping and throwing. Develop balance, agility and coordination, and begin to apply these in a range of activities. Explore balance, stability & landing safely. Explore how the body moves differently when running at different speeds Explore changing direction and dodging Explore jumping, hopping and skipping actions Explore coordination and combination jumps Explore combination jumping & skipping in an individual rope</p> <p>Ball Skills NC Strands: Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending. Develop dribbling a ball with hands Explore accuracy when rolling a ball Explore throwing with accuracy towards a target Explore catching with two hands Explore dribbling a ball with your feet Explore tracking a ball that is coming towards me</p> <p>Target Games NC strand – master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending Develop underarm throwing towards a target Develop throwing for accuracy Develop underarm and overarm throwing at a target</p>	<p>Gymnastics NC Strand – master basic movements as well as developing balance, agility and coordination Travelling - stepping with straight and bent legs showing quality body positioning Shoulder rolls Large part body balances Jumping with shape and from a low platform</p> <p>Yoga NC Strand – master basic movements as well as developing balance, agility and coordination Explore yoga and mindfulness Copy and remember poses Develop flexibility when holding poses Develop balance when holding poses Create yoga poses using a hoop Create a yoga flow with a partner</p> <p>Dance NC Strand – perform dances using simple movement patterns WEATHER Use counts of 8 to move in time Explore pathways Create my own dance using actions, pathways and counts PIRATES Explore speeds and actions Copy, remember and repeat actions that represent the theme THE LOST TOY Explore speeds and actions Use expression and create actions that relate to a story</p>	<p>Athletics NC strands – master basic movements including running, jumping and throwing. Develop balance, agility and coordination, and begin to apply these in a range of activities. Move at different speeds over varying distances Develop balance Develop changing direction quickly Explore hopping, jumping and leaping for distance Develop throwing for distance Develop throwing for accuracy</p> <p>Net & wall games NC Strands: Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending. Defend space using the ready position Play against an opponent and keep the score Explore hitting with a racket Develop racket and ball skills Develop sending a ball using a racket Develop hitting over a net</p> <p>Striking & Fielding Games NC Strands: Master basic movements including throwing and catching. Participate team games, developing simple tactics for attacking and defending. Develop underarm throwing and catching Develop overarm throwing Develop hitting the ball Develop collecting the ball Learn how to get a batter out Play games and understand how to score points</p>
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	<p>Develop throwing for accuracy and distance using underarm and overarm Select the correct throw for the target Develop throwing for accuracy and distance</p> <p><u>Invasion Games</u> NC strand – master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending Understand the roles of attackers and defenders Recognise who to pass to and why Move towards goal with the ball Support a team mate when playing in attack Move into a space showing an awareness of defenders Stay with a player when defending</p>	<p>Use a pathway when travelling <u>ON SAFARI</u> Create my own actions for an animal Explore pathways with a partner</p>	
2	<p><u>Fundamentals</u> NC strands – master basic movements including running, jumping and throwing. Develop balance, agility and coordination, and begin to apply these in a range of activities. Explore how the body moves when running at different speeds Develop changing direction and dodging Develop balance, stability and landing safely Explore and develop jumping, hopping and skipping actions Develop coordination and combining jumps Develop combination jumping and skipping actions in an individual rope</p>	<p><u>Gymnastics</u> NC Strand – master basic movements as well as developing balance, agility and coordination Leaps (cat, scissor and stag) Teddy bear rolls Small part body balances Jumping with a full and half turn Creating small sequences independently using all skills from EYFS through to Y2.</p> <p><u>Yoga</u> NC Strand – master basic movements as well as developing balance, agility and coordination Copy and repeat yoga poses</p>	<p><u>Athletics</u> NC strands – master basic movements including running, jumping and throwing. Develop balance, agility and coordination, and begin to apply these in a range of activities. Develop the sprinting action Develop jumping for distance Develop jumping for height Develop throwing for distance Develop throwing for accuracy Select and apply knowledge and technique</p> <p><u>Net & wall games</u></p>

Reepham Church of England Primary School
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<p>Ball Skills NC Strands: Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending. Develop rolling a ball to hit a target Develop stopping a rolling ball Develop dribbling a ball with your feet Develop kicking a ball Develop throwing and catching Develop dribbling a ball with your hands</p> <p>Target Games NC Strands: Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending. Consider how much power to apply when aiming at a target Understand how to score using over and under arm throwing Develop striking to a target Develop hitting a moving target Select and apply the appropriate skill to the target gameshow an improvement in my personal best</p> <p>Invasion Games NC Strands: Master basic movements including throwing and catching. Participate team games, developing simple tactics for attacking and defending Understand what being in possession means and support a team mate to do this Understand that scoring goals is an attacking skill and explore ways to do this</p>	<p>Develop an awareness of strength when completing yoga poses Develop an awareness of flexibility when completing yoga poses Copy and remember actions linking them to a flow Create a flow, perform and teach it to a partner Explore poses and create a yoga flow</p> <p>Dance NC Strand - perform dances using simple movement patterns SECRET GARDEN Remember, repeat and link actions to tell the story Develop an understanding of dynamics Use counts of 8 to help stay in time with the music CIRCUS Explore pathways and levels Remember and rehearse our dance showing expression and character RAINFOREST Copy, repeat and perform actions considering dynamics Create a short dance phrase with a partner showing changes of speeds JACK FROST Copy, repeat and create movement patterns in response to the theme Create and perform using union, mirroring and matching with a partner Remember and repeat actions and dance as a group</p>	<p>NC Strands: Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending. Use the ready position to defend space on court Develop returning the ball with hands Play against a partner Develop racket skills and use them to return a ball Develop returning a ball using a racket Play against an opponent using a racket</p> <p>Striking & Fielding Games NC Strands: Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending. Track a rolling ball and collect it Develop underarm throwing and catching to field a ball Develop overarm throwing to limit a batter's score Develop hitting for distance to score more points Be able to get a batter out Understand the rules of the game and use these to play fairly.</p>
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Reepham Church of England Primary School
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Long Term Planning

	<p>Understand that stopping a goal is a defending skill and explore ways to do this</p> <p>Explore how to gain possession</p> <p>Mark an opponent and understand this is a defending skill</p> <p>Apply simple tactics for attacking and defending.</p>		
3	<p>Tag Rugby</p> <p>NC Strand - use running, jumping, throwing and catching in isolation and in combination, play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p> <p>Learn the correct technique for handling a rugby ball</p> <p>Develop throwing and catching and running with the ball</p> <p>Learn how to defend by taking an attacker's tag</p> <p>Develop an understanding of defending as a team</p> <p>Explore attacking skills to get closer to the try line</p> <p>Apply rules and skills to small sided games</p> <p>Develop an understanding of how to defend using tagging rules</p> <p>Begin to use the 'forward pass' and 'offside' rule</p> <p>Develop movement skills to dudge a defender</p> <p>Track an opponent and begin to defend as a team</p> <p>Apply the rules and skills learned to play in a tag rugby tournament</p> <p>Hockey</p> <p>NC Strand - use running, jumping, throwing and catching in isolation and in combination, play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p> <p>Send and receive with some control</p>	<p>Dance</p> <p>NC strand – perform dances using a range of movement patterns</p> <p><u>A TRIP TO</u></p> <p>Remember, repeat and create actions to represent an idea</p> <p>Share ideas of actions and dynamics to create a dance which shows a location</p> <p>Use choreographing ideas to develop a dance</p> <p><u>COUNTRY AND WESTERN</u></p> <p>Use straight pathways and clear changes in direction in a line dance</p> <p>Use formations, canon and unison to make line dancing look interesting</p> <p>OAA</p> <p>NC Strand – take part in outdoor and adventurous activity challenges both individually and in a team</p> <p>Develop cooperation and teamwork skills</p> <p>Develop trust and team work</p> <p>Involve all team members to work towards a shared goal</p> <p>Develop trust whilst listening to others and following instructions</p> <p>Identify objects, draw and follow a simple map</p> <p>Draw a route using directions, orientate a map and navigate around a grid</p>	<p>Athletics</p> <p>NC strand – use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Develop the sprinting technique and improve on your personal best</p> <p>Develop changeover technique in relay events</p> <p>Develop jumping technique in a range of approaches and take off positions</p> <p>Develop throwing for distance and accuracy</p> <p>Develop throwing for distance – pull throw</p> <p>Develop officiating and performing skills</p> <p>Tennis</p> <p>NC Strand - use running, jumping, throwing and catching in isolation and in combination, play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p> <p>Develop racket and ball control</p> <p>Explore rallying using a forehand</p>

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	<p>Move safely and with control when dribbling Develop decision making in attack Understand the role of defender Apply tactics to small sided games Apply rules, skills and tactics to play in a tournament Develop sending and receiving the ball with accuracy and control Develop the skill of dribbling Develop dribbling to beat a defender Use defending skills to delay an opponent and gain possession Apply attacking skills to move towards goal and find space Apply skills and knowledge to compete in a tournament</p>	<p>Gymnastics NC strand – develop flexibility, strength, technique, control and balance Spinning in isolation Rocking and rolling (start of forward rolls) Partner balances in contact with each other and the floor Jump, land and roll with a safe landing.</p> <p>Yoga NC strand – develop flexibility, strength, technique, control and balance Explore poses that challenge balance Create a flow using poses that challenge balance Explore poses that challenge flexibility Create a flow using poses that challenge flexibility Explore poses that challenge strength Create a flow using poses that challenge strength</p>	<p>Explore returning the ball using a forehand and backhand Develop returning the ball using a forehand and when to use it Develop the backhand and understand when to use it Learn how to score and use simple rules Work cooperatively with others to begin to manage a game</p>
4	<p>Netball NC Strand - use running, jumping, throwing and catching in isolation and in combination, play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Understand the role of an attacker when in possession Develop movement skills to lose a defender Understand that scoring goals is an attacking skill and how to do this Understand the role of defender Remember that intercepting is a defending skill and explore ways to do this Apply skills and knowledge to play games using netball rules</p>	<p>Dance NC strand – perform dances using a range of movement patterns CARNIVAL Learn and create dance moves in the theme of carnival Develop a carnival dance using formations, canon and unison Develop a dance phrase and perform as part of a class performance THE TWIST Cope and repeat a set phrase in a 1960s style showing energy and rhythm Learn and perform a partner dance in a 1960s style Develop my own 1960s inspired dance using changes in relationships</p>	<p>Athletics NC strand – use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best Develop stamina and an understanding of speed and pace in relation to distance Develop power and speed in the sprinting technique Develop technique when jumping for distance Develop power and technique when throwing for distance Develop a pull throw for distance and accuracy Develop officiating and performing skills</p>

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<p>Develop passing and moving and play within the footwork rule Use a variety of passes to move towards a goal Develop movement skills to lose a defender Defend an opponent and try to win the ball Develop the shooting action</p> <p>Football NC Strand - use running, jumping, throwing and catching in isolation and in combination, play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Understand the role of an attacker when in possession Develop movement skills to lose a defender and move into a space Understand scoring goals is an attacking skill and how to do this Understand the role of a defender Apply tactics to small sided games Apply skills and knowledge to play games using football rules Develop attacking skills of dribbling Develop changing direction and speed when dribbling Develop passing and begin to recognise when to use different skills Apply attacking skills to move towards a goal Use defending skills to delay an opponent and gain possession Apply skills and knowledge to compete in a tournament</p>	<p>OAA NC Strand – take part in outdoor and adventurous activity challenges both individually and in a team Develop cooperation and team work skills Orientate a map and navigate around a grid Develop observational skills, listening to others and following instructions Develop trust whilst listening to others and following instructions Identify, draw and follow a simple map Orientate and navigate around a map and draw a route using directions</p> <p>Gymnastics NC strand – develop flexibility, strength, technique, control and balance Spinning with travel Forwards rolls More complex partner balances (counter tension and counter balance) Headstands Using a springboard for flight Connecting a jump, roll and balance sequence with unison and cannon.</p> <p>Yoga NC strand – develop flexibility, strength, technique, control and balance Explore connecting breath and movement Explore new yoga poses and begin to connect them Explore gratitude when remembering and repeating a yoga flow</p>	<p>Cricket NC Strand - use running, jumping, throwing and catching in isolation and in combination, play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Develop overarm and underarm throwing and apply these to a striking and fielding game Develop bowling technique and learn the rules of the skill within this game Develop batting technique and understand where to hit the ball Develop fielding techniques and apply them to game situations Play different roles in a game and begin to think tactically about each role Apply skills and knowledge to compete in a tournament</p>
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		<p>Develop flexibility and strength in a positive summer flow Develop flexibility and wellbeing in an individual yoga flow Develop confidence and strength through arm balances</p>	
5	<p><u>Tag Rugby</u> NC Strand - use running, jumping, throwing and catching in isolation and in combination, play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Apply throwing and catching to a game situation Understand when to pass and when to run with the ball Use a backwards pass effectively when attacking Work as a team to stop the opposition from scoring, applying the 'offside' rule Use a dodge to create a space and beat a defender Apply rules and skills to take part in competitive games</p> <p><u>Hockey</u> NC Strand - use running, jumping, throwing and catching in isolation and in combination, play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Use attacking skills to beat a defender Send and receive under pressure Communicate with my team, move into space and take the ball towards goal Learn defensive tactics to gain possession Develop dribbling to beat a defender Send and receive the ball with control under pressure Select the appropriate skill, choosing when to pass and when to dribble Move into and create space to support a teammate</p>	<p><u>Dance</u> NC strand – perform dances using a range of movement patterns <u>ROCK 'N' ROLL</u> Copy and repeat movements in the style of rock 'n' roll Work with a partner to copy and repeat actions in time with the music Work collaboratively with a group to choreograph a dance in the style of Rock 'n' Roll <u>ANCIENT MAYA</u> Develop set choreography inspired by a Maya god Choose actions to create a motif in a given character with consideration of dynamics, space and relationships Use structure to choreograph a dance performance</p> <p><u>OAA</u> NC Strand – take part in outdoor and adventurous activity challenges both individually and in a team Develop communication and negotiation skills Develop strong communication and negotiation skills to solve challenges Develop planning and problem solving skills Share ideas and work as a team to solve problems Develop navigation skills and map reading Create and follow a key and a route on a map</p> <p><u>Gymnastics</u></p>	<p><u>Athletics</u> NC strand – use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best Understand pace and apply different speeds over varying distances Develop fluency and coordination when running for speed Develop technique in relay changeovers Build momentum and power in the triple jump Develop throwing with force for longer distances Develop throwing with greater control and technique</p> <p><u>Tennis</u> NC Strand - use running, jumping, throwing and catching in isolation and in combination, play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Return the ball using a forehand and backhand groundstroke under pressure Use a variety of shots to keep a continuous rally going Develop the underarm serve and understand the rules of serving Develop the volley and understand when to use it</p>

Reepham Church of England Primary School
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Long Term Planning

	<p>Use the appropriate defensive technique for the situation Apply rules, skills and principles to play in a tournament</p>	<p>NC strand – develop flexibility, strength, technique, control and balance Stepping with spin whilst travelling Backwards rolls Group balances Handstands Cartwheels Flight using small apparatus</p> <p><u>Yoga</u> NC strand – develop flexibility, strength, technique, control and balance Understand how breath can help hold and move from pose to pose Identify and use balance, flexibility and strength when exploring poses and creating a flow Create and refine a flow with a partner Lead others through our flow</p>	<p>Apply rules, skills and principles to play against an opponent.</p>
<p>6</p>	<p><u>Netball</u> NC Strand - use running, jumping, throwing and catching in isolation and in combination, play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Explore different passes and apply them to different situations Develop movement skills to lose a defender Communicate with a team, move into space and take the ball towards goal Defend an opponent and know when to try and intercept Develop the shooting action under pressure Use and apply skills, principles and tactics to a game situation Develop passing and moving to maintain possession</p>	<p><u>Dance</u> NC strand – perform dances using a range of movement patterns <u>BHANGRA</u> Demonstrate a sense of rhythm and energy when performing bhangra style motifs Perform a bhangra dance showing an awareness of timing, formations and direction Select, order, structure and perform movements in a bhangra style, showing various group formations <u>70s DISCO</u> Copy and repeat a phrase of movement in the 1970s disco style Choreograph a freeze frame montage in the 1970s style</p>	<p><u>Athletics</u> NC strand – use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best Develop my own and others sprinting technique Identify a suitable pace for an event Develop power, control, technique for triple jump Develop power, control and technique when throwing for distance Develop throwing with force and accuracy for longer distances</p>

Reepham Church of England Primary School
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Long Term Planning

<p>Use a variety of attacking skills to lose a defender Move into and create space to support a team mate Use defending skills to gain possession Develop accuracy in shooting under pressure</p> <p><u>Football</u> NC Strand - use running, jumping, throwing and catching in isolation and in combination, play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Develop ways to move the ball and apply them to different situations Send and receive under pressure Communicate with my team, move into space and take the ball towards goal Use defensive techniques to win possession Apply defending tactics as a team Use and apply skills, principles and tactics to a game situation Maintain possession when dribbling Dribble with control under pressure Select the appropriate skill, choosing when to pass and dribble Move into and create space to support a teammate Use appropriate defensive technique for the situation Apply rules, skills and principles to play in a tournament</p>	<p>Use feedback to develop and refine a 1970s dance performance</p> <p><u>OAA</u> NC Strand – take part in outdoor and adventurous activity challenges both individually and in a team Build communication and trust whilst showing an awareness of safety To collaborate as a team and solve problems Develop tactical planning and problem solving Work as a team and use critical thinking to determine the best approach Develop navigational skills and map reading Use a key to identify objects and locations</p> <p><u>Gymnastics</u> NC strand – develop flexibility, strength, technique, control and balance Create and build a 9-11 action sequence independently and with a partner (unison and cannon) Introduce apparatus into the sequence. Vaulting on and off a platform (squat through and straddle).</p> <p>Evaluate and recognise own successes in their performances</p> <p><u>Yoga</u> NC strand – develop flexibility, strength, technique, control and balance Develop flexibility through sun salutations Develop strength through yoga flows Create own flow showing quality in control, balance and technique</p>	<p>Work collaboratively in a team to develop the officiating skills of measuring, timing and recording</p> <p><u>Cricket</u> NC Strand - use running, jumping, throwing and catching in isolation and in combination, play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Develop throwing and catching under pressure and apply these to a striking and fielding game Develop bowling under pressure whilst abiding by the rules of the game Strike a bowled ball with increasing consistency Develop fielding techniques and select the appropriate action for the situation Understand and apply tactics in a game Apply skills and knowledge to compete in a tournament</p>
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		<p>Develop balance through yoga flows Work collaboratively to create a controlled paired yoga flow Create own yoga flow that challenges technique, balance and control</p>	
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