

Application Details:

1. Email address: Emma.McLachlan@Bruntsfield.edin.sch.uk
2. Name of applicant: Emma McLachlan
3. Contact telephone:
4. How much money are you applying for?
5. Application title: Yoga for all

Impacts and benefits:

6. Who will benefit from this initiative? Is it relevant to specific year groups or interest groups only?

All classes will benefit from this initiative.

The proposal is to provide blocks of half hour yoga sessions for all year groups with yoga poses, breathing and mindfulness activities suited to their age and stage. While all groups will experience all the benefits detailed below, the focus for each year group is provided.

Yoga:

- *Improves balance, co-ordination, proprioception*
- *Encourages bilateral motor development*
- *Assists in neuromuscular development*
- *Helps manage anxiety*
- *Can improve memory & recall*
- *Improves focus and concentration*
- *Improves circulation*
- *Improves digestive function*
- *Strengthens the immune system*
- *Can promote better sleep*

Yoga philosophy teaches respect for yourself and others and promotes integrity and honesty. It promotes emotional and social learning.

P1 & P2: 4 sessions per class during the August to December term:

- *Focus, engagement, concentration skills to promote effective learning*
- *Co-ordination, strength, postural control to promote good writing and sitting skills and to lay good foundations for sports, dancing etc.*
- *Fine motor strength to promote writing, drawing and counting skills*

P3, P4, P5: 3 topic based sessions per class during the January to April term.

- *The yoga teacher will weave in the facts and learnings taught to the year groups on their topic for that term*
- *These sessions will powerfully re-inforce topic learning through movement.*

P6: 3 sessions per class focussed on self-awareness

- *Physical and mental awareness. This ties in with the living and growing topic covered in P6.*
- *Feeling and understanding specific benefits of poses and activities, and effects of minor adjustments in movements.*

P7: 3 sessions per class focussed on alleviating detrimental effects of anxiety

- *movement, breathing and mindfulness focussed on calming and grounding.*
- *Partner work and more challenging poses*

Teachers: 3 sessions (1 in each term for the teachers of those classes who have participated in session that term), to tease out activities that could be used in the classroom and what the benefits are for the children.

All groups will benefit from:

- *Teachers confidence to include specific movements within the class to break up spells of sitting.*
- *Breath awareness and mindfulness strategies for life.*
- *Increased confidence in their bodies and movement to promote general self-confidence for life.*
- *A non-competitive, inclusive form of physical exercise during which children will be gently encouraged to have a go and achieve what is appropriate for them.*

7. Will the initiative progress and provide the opportunity for further development?

The sessions will be progressive with each year group participating in sessions appropriate for their developmental and curriculum stage.

Teachers sessions will be provided so that teachers can use techniques from the sessions to benefit children in the classroom day to day and allow children to practice.

Children will be provided with signposting to appropriate resources at the end of their block of sessions so that they can continue if they wish.

Should the initiative be repeated in following years, children will progress through the stages proposed.

8. Who will oversee the initiative?

Emma McLachlan

9. Who will run the initiative day to day?

Caroline Phipps Urch, The Yoga Crow, supported by Children Inspired by Yoga with the Tatty Bumpkin Yoga Programme

10. Who will evaluate the initiative?

Emma McLachlan and Caroline Phipps Urch in conjunction with teachers.

11. Outline how you will evaluate the benefit?

- *Teachers will observe feedback on the following areas:*
 - *Focus and concentration*
 - *Physical aspects – posture, writing skills, balance, co-ordination, willingness to have a go at other activities*
 - *Their own use of activities in class and how useful they are*
- *Feedback will be sought from pupils via questionnaires covering their engagement and likelihood to use strategies elsewhere in their lives.*

Funding:

1. Total amount applied for: £3,060

2. Provide a breakdown of what this will be spent on:

72 sessions over one academic year:

<i>4 sessions for 3 x P1 classes:</i>	<i>£480</i>
<i>4 sessions for 3 x P2 classes:</i>	<i>£480</i>
<i>3 sessions for 3 x P3 classes plus tailoring to topic:</i>	<i>£420</i>
<i>3 sessions for 3 x P4 classes plus tailoring to topic:</i>	<i>£420</i>
<i>3 sessions for 3 x P5 classes plus tailoring to topic:</i>	<i>£420</i>
<i>3 sessions for 3 x P6 classes:</i>	<i>£360</i>
<i>3 sessions for 3 x P7 classes:</i>	<i>£360</i>
<i>3 sessions for teachers:</i>	<i>£120</i>

This is based on £40 per half hour session with an additional £60 for P3, P4 and P5 for each tailored topic to take account of time spent with teacher to understand the content of the topic and planning the sessions to incorporate that content.

Assuming 600 children in the school next year this equates to £5.50 per child for 3 – 4 sessions (around £1.80 per session - compared to a typical market rate of £6 - 7 per session per child).

3. Is this a one of payment? If it is a phased payment, please provide details:

Sessions would be invoiced monthly in arrears with invoices due to be paid within 14 days.

4. Provide cheque beneficiary details

Payments will be paid to Caroline Phipps Urch and Tatty Bumpkin Edinburgh according to the classes delivered.

5. Who is the beneficiary? Is it an organisation or an individual? A receipt or invoice must be provided.

Caroline Phipps Urch of the Yoga Crow is a self-employed yoga teacher. Children Inspired by Yoga runs the Tatty Bumpkin Programme in Edinburgh – Tara McGregor who runs the Edinburgh business

is also self employed. Invoices will be provided by each. Both (and other Tatty Bumpkin teachers) are members of the PVG scheme in relation to working with Children and fully insured.

6. Will this initiative give rise to a need for further financial support? E.g. maintenance or upkeep.

This proposal can stand alone giving all children in school during the August 18 – June 19 year the opportunity to try out Yoga (in the same way as they try out swimming, tennis, rugby etc as part of their PE programme), while teachers take on tips and activities that can be used regularly after the sessions are complete . There are no maintenance or upkeep costs.

There is also the potential, if staff are enthusiastic and benefits have been observed, to repeat the programme in future years, adjusting to take account of any feedback received.

Teaching and Curriculum support

7. Which area of the curriculum is the proposal aligned to?

Health and Wellbeing – this is a wide ranging curriculum area that deals with keeping healthy, physical skills and mental health.

The proposal is also closely aligned to the Building Resilience programme which itself promotes the above curriculum areas. The proposal is particularly relevant to the following units of the programme:

- *Get active: a physical activity in itself it also provides foundations crucial for achievements in other activities (co-ordination, strength, balance etc are important for sports and dancing)*
- *Take a moment: breath awareness and mindfulness activities*
- *Respect yourself: self awareness of own physical and mental attributes.*
- *Challenge your mindset: there is no success or failure in yoga, it is about each person working to their own potential*

8. Is this supported by the school management team?

Yes

9. Who in the School Management Team supports this application?

Carol Kyle

10. Detail any practical aspects of delivering the initiative. E.g how does this fit with the school day?

The sessions will be delivered during the school day in the basement gym. The exact timetable will be finalised once the basement gym schedule for the 18-19 school year is available. It is likely that Mondays ideally, or Thursdays, will be the most feasible day to deliver sessions as the PE specialist does not work in the school those days.

Teachers will be present in the sessions, actively participating and modelling enthusiasm for movement. They will be closely observing children's engagement.

If appropriate one of the P6 and P7 sessions can be a chair yoga session that can be delivered in the classroom.

To ensure best value for money the sessions will be delivered together on the same day with at least 3 back to back half hour sessions together.

The teacher sessions are likely to be delivered in non-contact time on a Friday morning.

The teacher of the yoga sessions will bring yoga mats and props that are required for the sessions.

Further details

11. Please provide any further details in support of your application including how you will bring this to life in the school community bearing in mind the criteria that we are evaluating against: a) inclusive, b) enduring c) progressive d) aligned to the school curriculum.

a) inclusive

Yoga is a non-competitive activity that all children can participate in. Teachers will be asked to provide the yoga teacher with information about any additional needs children may have. Movements and activities will be adjusted for any physical, sensory or other needs. The yoga teacher is able to observe movement issues and to adjust postures to accommodate these (e.g. hypermobility, different levels of flexibility, different skeletal proportions).

The stimulation of proprioceptive sense and the vestibular systems can powerfully benefit children with sensory needs promoting their focus and engagement. The sessions are not overly dependent on language so can be a calm space for those where English is not their first language.

b) Enduring

The benefits of these sessions (body confidence, co-ordination, balance, breath awareness, strategies to handle anxiety) are long lasting and children can take them forward for the rest of their lives even if they don't practice yoga.

Teachers will continue to use activities from the sessions in their classrooms.

c) Progressive

The sessions will include activities appropriate for the age and stage of the children, and can take account of the individuals in each group. Should the programme be repeated in future years children will experience the next stage.

d) Aligned to the school curriculum

See the section on teaching and curriculum support.

12. Signature

13. Date

