



Links to the PE National Curriculum

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

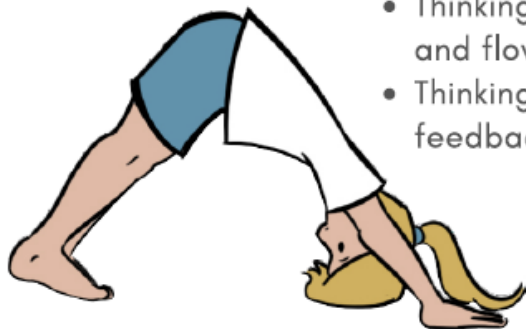
- Pupils should be taught to develop flexibility, strength, technique, control and balance.

Key Skills: Physical

- Breathing
- Balance
- Flexibility
- Strength

Key Skills: S.E.T

- Social: Working safely
- Social: Sharing ideas
- Social: Leadership
- Emotional: Calmness
- Emotional: Focus
- Emotional: Confidence
- Thinking: Selecting actions
- Thinking: Creating poses and flows
- Thinking: Providing feedback



Top Tips for Teachers

- Repetition helps to reinforce learning. Repeat poses to allow the children to build on their yoga practise.
- Children will find it hard to concentrate for long periods of time. Mix up your teaching and know that children will be able to remain focused for different lengths of time and that that is ok.
- Keep safety in mind and ensure children work at a level they feel comfortable with.
- Use the word "try" so that the children learn to appreciate the process rather than the result.

Key Vocabulary:

- | | | |
|---------------|---------------|-------------|
| • strength | • perform | • link |
| • flexibility | • mindfulness | • try |
| • stable | • grounded | • relax |
| • control | • down dog | • technique |

Teacher Glossary

Mindfulness: The process of purposely bringing one's attention to experiences occurring in the present moment.

Namaste: In yoga this means 'the divine in me acknowledges the divine in you' and is a respectful way to start or end a class.



Assessment Criteria

Year 2

- I am beginning to provide feedback using key words.
- I can copy, remember and repeat yoga flows.
- I can describe how my body feels during exercise.
- I can move from one pose to another thinking about my breath.
- I can use clear shapes when performing poses.
- I can work with others to create simple flows showing some control.

Year 3

- I can copy and link yoga poses together to create a short flow.
- I can describe how yoga makes me feel.
- I can move from one pose to another in time with my breath.
- I can provide feedback using key words.
- I can work with others to create a flow including a number of poses.
- I show some stability when holding my yoga poses.

Year 4

- I can describe how yoga makes me feel and can talk about the benefits of yoga.
- I can link poses together to create a yoga flow.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I can transition from pose to pose in time with my breath.
- I can work collaboratively and effectively with others.
- I demonstrate yoga poses which show clear shapes.
- I show increasing control and balance when moving from one pose to another.

Year 5

- I am confident to lead others through poses and flows.
- I can create a yoga flow working safely with a partner.
- I can identify how different activities can benefit my physical health.
- I can move with control from one pose to another demonstrating good balance.
- I can provide feedback to others using key terminology.
- I can use feedback provided to improve my work.
- I can use my breath to move from pose to pose.
- I show strength and flexibility whilst holding yoga poses.

Progression of Skills Ladder

Other units that progress into this activity are:

Fundamentals
Gymnastics

<p>Balance Use their breath to maintain balance within a pose.</p>	<p>Flexibility Develop flexibility by connecting their movement with their breath.</p>	<p>Year 5</p>	<p>Strength Demonstrate increased control and strength when in and transitioning between poses.</p>	<p>Mindfulness Understand that there are methods they can use to control how they feel.</p>
<p>Balance Explore using their breath to maintain balance within a pose.</p>	<p>Flexibility Demonstrate increased extension in their poses.</p>	<p>Year 4</p>	<p>Strength Demonstrate increased control and strength when in a pose.</p>	<p>Mindfulness Can engage with mindfulness activities with increased focus.</p>
<p>Balance Demonstrate increased control when in poses and explore control in paired poses.</p>	<p>Flexibility Explore poses and movement in relation to their breath.</p>	<p>Year 3</p>	<p>Strength Explore arm balances with some control.</p>	<p>Mindfulness Develop their ability to stay still and keep their focus.</p>
<p>Balance Remember, copy, and repeat sequences of linked poses.</p>	<p>Flexibility Show increased awareness of extension in poses.</p>	<p>Year 2</p>	<p>Strength Demonstrate increased control in performing poses.</p>	<p>Mindfulness Explore controlling their focus and sense of calm.</p>