



Porters Grange Primary School

## Physical Education

### Yoga

Early Years	<p>Work with others to create poses. Say what I liked about someone else's flow. Recognise changes in my body when I do exercise. Remember and repeat actions, linking poses together. Show an awareness of space when travelling.</p>
Year 1	<p>Work with others to create poses. Say what I liked about someone else's flow. Recognise changes in my body when I do exercise. Remember and repeat actions, linking poses together. Show an awareness of space when travelling.</p>
Year 2	<p>Work with others to create simple flows showing some control. Beginning to provide feedback using key words. Describe how my body feels during exercise. Copy, remember and repeat yoga flows. Use clear shapes when performing poses. Move from one pose to another thinking about my breath.</p>
Year 3	<p>Work with others to create a flow including a number of poses. Provide feedback using key words. Describe how yoga makes me feel. Copy and link yoga poses together to create a short flow. Show some stability when holding my yoga poses. Move from one pose to another in time with my breath.</p>
Year 4	<p>Work collaboratively and effectively with others. Provide feedback using key terminology and understand what I need to do to improve. Describe how yoga makes me feel and can talk about the benefits of yoga. Link poses together to create a yoga flow. Demonstrate yoga poses which show clear shapes. Show increasing control and balance when moving from one pose to another. Transition from pose to pose in time with my breath.</p>

Year 5	<p>Work collaboratively and effectively with others.</p> <p>Provide feedback using key terminology and understand what I need to do to improve.</p> <p>Describe how yoga makes me feel and can talk about the benefits of yoga.</p> <p>Link poses together to create a yoga flow.</p> <p>Demonstrate yoga poses which show clear shapes.</p> <p>Show increasing control and balance when moving from one pose to another.</p> <p>Transition from pose to pose in time with my breath.</p>
Year 6	<p>Confident to lead others, demonstrating poses and teaching them my flow.</p> <p>Recognise my own and others strengths and areas for development and can suggest ways to improve.</p> <p>Use feedback provided to improve the quality of my work.</p> <p>Choose poses which link easily from one to the other to help my sequence flow.</p> <p>Use yoga poses to improve my flexibility, strength and balance.</p> <p>Use my breath to transition from one pose to another with control.</p> <p>Understand that there are different areas of fitness and how this helps me in different activities.</p>