

Yoga- Progression of Key Skills

Reception	Year 1	Year 2
<p>Experiment with different Yoga poses both static and moving</p> <p>Begin short relaxation games</p> <p>Create different sun shapes with their body</p> <p>Challenge themselves to make up their own animal poses</p> <p>Listen to the Yoga story and create poses</p>	<p>Perform basic Yoga poses with some balance</p> <p>Begin to relax the body in rest pose</p> <p>Perform Sun Pose (beginning of sun salutation)</p> <p>To try some of the challenge poses e.g., snake pose</p> <p>Make up a story with some Yoga poses</p>	<p>Perform Yoga poses beginning to use tummy muscles (core strength), some flexibility, balance and control</p> <p>Relax in rest post and begin to focus on breathing technique.</p> <p>Perform Sun pose with control (beginning of sun salutation)</p> <p>To perform the challenge poses e.g., Tree pose 2 or 3</p> <p>Make up a story using all Yoga poses</p>

Year 3	Year 4	Year 5	Yr 6
<p>Perform more complex Yoga poses showing control and increased flexibility</p> <p>Sit in lotus pose relax and begin to focus on breathing in and out of nose</p> <p>Attempt to perform Cobra pose 2 (used in sun salutation)</p> <p>To attempt to perform swaying tree pose</p> <p>Collaborate to create a Yoga Fun Facts routine</p>	<p>Perform more complex yoga poses developing core strength and good flexibility.</p> <p>Begin to focus on breathing technique in more than one pose</p> <p>Perform individual poses to build up towards Sun Salutation e.g. tree, downward dog, Cobra Pose 2</p> <p>To perform the challenge pose with control- swaying tree</p> <p>Collaborate to create a Yoga Fun Facts Routine and teach the routine to others</p>	<p>Perform complex Yoga poses with control, core strength and flexibility</p> <p>Perform a variety of poses using breathing techniques and use in relaxation time</p> <p>Remember and perform Sun Salutation (SS)</p> <p>Perform the extended poses e.g., extended cat pose</p> <p>Collaborate in a group to create a Yoga routine of 7 poses</p>	<p>Perform complex Yoga poses with good core strength, flexibility and balance for longer periods of time on each pose.</p> <p>Perform all poses and remember to use breathing technique when performing them in relaxation time</p> <p>Perform Sun Salutation (SS) and link to other Yoga moves</p> <p>Perform extended version of cat pose, dog pose and create their own extensions</p> <p>Collaborate in a group to create a Yoga routine- and create a sequence of moves like SS.</p>