

# COMPLETE EDSTART

## Year 6 - Yoga Assessment Tracker

**Pupils will be taught...**

### Overall Learning Outcomes (Endpoints)

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#### Children are able to:

- Breathe in through their nose and out through the mouth whilst maintaining control of their bodies
- Remember each Yoga pose and describe and perform them
- Complete the challenges for each Yoga pose
- Confidently perform Yoga poses with increasing flexibility, strength and control
- Relax and show signs of control when performing each Yoga pose
- Demonstrate, teach and lead a small group
- Give useful and supportive feedback to improve poses
- Show respect during poses and relaxation

Objective 1/6 - To perform the breathing technique needed for each Yoga pose

- Children can:
- Show signs of control when performing each Yoga pose
  - Breathe in through their nose and out through the mouth
  - Be introduced to Sun, Moon, Star, Warrior, Mountain and Lotus poses

Names of children who have excelled in the objective and show a greater depth of understanding	Names of children working below (Include notes on why)	Any other notes (Stars of the Week, Future Learning, etc.)

Objective 2/6 - To perform poses that involve flexibility

- Children can:
- Show increasing flexibility and maintain control of each pose
  - Show good strength, to hold themselves in each Yoga pose
  - Be introduced to Cobra, Cow and Whale poses

Names of children who have excelled in the objective and show a greater depth of understanding	Names of children working below (Include notes on why)	Any other notes (Stars of the Week, Future Learning, etc.)

Objective 3/6 - To perform poses that involve balancing

- Children can:
- Show good balance when performing each pose
  - Use their stomach (Core) muscles to keep control of their bodies
  - Be introduced to Dog, Tree and Eagle poses

Names of children who have excelled in the objective and show a greater depth of understanding	Names of children working below (Include notes on why)	Any other notes (Stars of the Week, Future Learning, etc.)

Objective 4/6 - To perform poses that involve movement

- Children can:
- Show strength and control whilst moving during each pose
  - Start to complete the Yoga poses with some confidence
  - Be introduced to Frog, Gorilla, Crocodile and Elephant poses

Names of children who have excelled in the objective and show a greater depth of understanding	Names of children working below (Include notes on why)	Any other notes (Stars of the Week, Future Learning, etc.)

Objective 5/6 - To create their own Yoga routine using the poses that have been taught

- Children can:
- Remember each Yoga pose and describe and perform them
  - Plan a routine using the poses taught
  - Plan a routine with up to six Yoga poses

Names of children who have excelled in the objective and show a greater depth of understanding	Names of children working below (Include notes on why)	Any other notes (Stars of the Week, Future Learning, etc.)

Objective 6/6 - To deliver a Yoga lesson and deliver to a small group

- Children can:
- Demonstrate, teach and lead a small group
  - Give useful and supportive feedback to improve poses
  - Show respect during poses and relaxation

Names of children who have excelled in the objective and show a greater depth of understanding	Names of children working below (Include notes on why)	Any other notes (Stars of the Week, Future Learning, etc.)

## Assessment Mark

## Requirements

### Working Towards

- Understand basic Yoga poses
- Retain key information
- Use fundamental shapes

### On Target

- Can perform a range of Yoga poses with control
- Can control their breathing whilst performing Yoga poses
- Can deliver a Yoga lesson to a partner using poses taught
- Can are able to demonstrate and teach Yoga poses to a partner
- Can lie down and relax and listen to simple instructions

### Above Target

- Able to give useful and supportive feedback to improve poses
- Able to remember and perform all Yoga poses
- Show signs off flexibility, balance and strength when performing Yoga poses
- Can use appropriate vocabulary to describe what they and others are doing

### Excelling

- Shows distinct leadership/creative qualities
- Can perform the challenge poses under control
- Performs at elite level

To be **On Target**, pupils must achieve all **Working Towards** bullet points from **On Target**.

To be working **Above Target**, pupils must achieve all points from **Working Towards** and **On Target** as well as at least 4 **Above Target** points.

To achieve **Excelling**, pupils must achieve all points from **Working Towards**, **On Target** and **Above Target** as well as at least 3 **Excelling** points.