

MOVING EDSTART

Year 3 - Intro to Yoga Assessment Tracker

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children are able to:

- **Perform the Yoga poses**
- **Perform the Yoga poses showing signs of flexibility and control**
- **Breathe in through their nose and out through the mouth**
- **Show good balance in all poses**
- **Perform the Yoga poses with some confidence**
- **Remember each Yoga pose and perform them**
- **Show respect during poses and relaxation**
- **Confidently perform Yoga poses with strength and control**

Objective 1/6 - To introduce 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 introduce poses that involve flexibility

- Children can:
- Show good 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 introduce 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 introduce 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 and Gorilla 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 introduce 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 Elephant and Crocodile 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 complete a full routine of Yoga poses

- Children can:
- Start challenge themselves by trying the 'Challenge' pose
 - Lie down and focus on their breathing
 - Confidently complete all 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.)

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 perform Yoga poses that involve movement with control
- Can lie down and relax and listen to simple instructions

Above Target

- Can link Yoga poses together
- 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.