

MOVING EDSTART

Year 1 - 'Jungle' Yoga Assessment Tracker

Pupils will be taught...

Overall Learning Outcomes

Children are able to:

- **Attempt the 'Jungle' Yoga poses**
- **Balance when performing each Yoga pose**
- **Relax their body when performing the basic poses**
- **Follow the story and understand what part comes next**
- **Lie down and rest their body when listening to music**
- **Control their breathing when performing each pose**
- **Talk about the effects of activity on their bodies**
- **Keep their tummy strong when performing the Yoga poses**
- **Remember and perform the majority of the Yoga poses**

Objective 1/6 - To introduce Yoga poses whilst lay or sat down

- Children can:
- Become familiar with the Yoga routine
 - Control their bodies when performing each pose
 - Be introduced to the snake, lion, parrot and zebra 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 Yoga poses whilst stood up

- Children can:
- Sit/stand up tall and maintain control of their bodies
 - Stand up tall with good posture
 - Be introduced to monkey and bird 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 Yoga poses that involve movement

- Children can:
- Show control, strength and balance when performing each pose
 - Move their bodies in different ways
 - Be introduced to giraffe and chimpanzee 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 Yoga poses that involve balancing

- Children can:
- Hold a balance when performing poses
 - Breathe as they perform each Yoga pose
 - Be introduced to flamingo and leopard 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 develop the breathing techniques when performing each pose

- Children can:
- Begin to focus on their breathing, slowly in and out
 - Remember the poses they have learnt
 - Be introduced to cub and bee 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 to keep their tummy strong when performing each 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 deliver a Yoga lesson to a partner using poses taught
- Children 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 of flexibility, balance and strength when performing Yoga poses
- Can use appropriate vocabulary to describe what they and others are doing

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.