

# MOVING EDSTART

## Year 2 - '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

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## 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.)

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## 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.)

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## 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.)

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## Assessment Mark      Requirements

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### 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.