

MOVING EDSTART

Year 3 - Intro to Yoga Unit of Work

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**

Learning Objective

Learning Outcomes

- 1 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

- 2 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

- 3 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

- 4 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

- 5 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

- 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

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 bullet points from **WORKING TOWARDS** and at least 3 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 3 bullet points from **ABOVE TARGET**.

To achieve **EXCELLING**, pupils must achieve all bullet points from **WORKING TOWARDS**, **ON TARGET** and **ABOVE TARGET** as well as at least 3 bullet points from **EXCELLING**.