

MOVING EDSTART

Year 5 - Yoga Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

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

Learning Objective

Learning Outcomes

- 1 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

- 2 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

- 3 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

- 4 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

- 5 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 four Yoga poses

- 6 To deliver a Yoga lesson to a partner**

Children can:

- Demonstrate and teach yoga poses to a partner
- Give useful and supportive feedback to improve poses
- Show respect during poses and relaxation

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 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**.