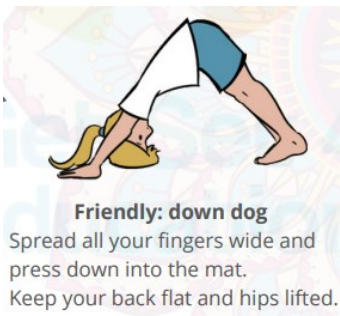




PE		Year 3/4	
Focus: Yoga			
Age related vocabulary			
grounded	our physical connection to the ground	flexibility	The body’s ability to bend, twist and stretch without injury
down dog	a classic yoga pose	mindfulness	the practice of focusing your attention on the present moment

Key Knowledge	
<ol style="list-style-type: none"> 1. Breathe in and out slowly when in your yoga poses. 2. Move in time with your breath. 3. Move through each yoga pose slowly and with control so that you are stable when balancing. 4. Keep your focus on something still to help you stay balanced. 5. For each balance, feel the floor with all points of contact (the whole foot or the whole hand) to help to balance. 	
 <p>Friendly: down dog Spread all your fingers wide and press down into the mat. Keep your back flat and hips lifted.</p>	

Yoga Y3		Carlton Assessment Grid	
Success Criteria	Pupil Reflection		Teacher Assessment
I can copy and link yoga poses together to create a short flow.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can move from one pose to another in time with my breath.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can work with others to create a flow including a number of poses.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can show some stability when holding my yoga poses.	Before <input type="checkbox"/>	After <input type="checkbox"/>	

Yoga Y4		Carlton Assessment Grid	
Success Criteria	Pupil Reflection		Teacher Assessment
I can link poses together to create a yoga flow.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can transition from pose to pose in time with my breath.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I demonstrate yoga poses which show clear shapes.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I show increasing control and balance when moving from one pose to another.	Before <input type="checkbox"/>	After <input type="checkbox"/>	