



PE		Year 2	
<b>Focus: Yoga</b>			
Age related vocabulary			
<b>pose</b>	Moving your body into a position that is steady and comfortable		

Carlton Assessment Grid			
Success Criteria	Pupil Reflection		Teacher Assessment
	Before	After	
I can copy and repeat yoga poses	<input type="checkbox"/>	<input type="checkbox"/>	
I can develop an awareness of strength when completing yoga poses	<input type="checkbox"/>	<input type="checkbox"/>	
I can develop an awareness of flexibility when completing yoga poses	<input type="checkbox"/>	<input type="checkbox"/>	
I can copy and remember actions linking them into a flow	<input type="checkbox"/>	<input type="checkbox"/>	
I can create a flow and teach it to a partner	<input type="checkbox"/>	<input type="checkbox"/>	
I can explore poses and create a yoga flow	<input type="checkbox"/>	<input type="checkbox"/>	

Key Knowledge
<ul style="list-style-type: none"> <li>• Yoga helps us to focus on our breathing, balance, flexibility and strength.</li> <li>• We say namaste at the start and end of a yoga class to show respect.</li> <li>• A yoga flow is a sequence of poses put together.</li> </ul>