



PE	Year 1
Focus: Yoga	
Age related vocabulary	
Stretch	Holding a position which will help to become more flexible.

Carlton Assessment Grid			
Success Criteria	Pupil Reflection		Teacher Assessment
I can explore yoga and mindfulness.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can copy and remember poses.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can develop flexibility when holding poses.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can develop balance whilst holding poses.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can create yoga poses using a hoop.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can create a yoga flow with a partner.	Before <input type="checkbox"/>	After <input type="checkbox"/>	

<p>Key Knowledge</p> <ul style="list-style-type: none"> • Yoga is exercise for the mind and body. • It can help to build strength and flexibility to make us feel good. • Yoga originated from India. • Namaste is how we say hello, goodbye and to thank each other for a wonderful yoga class. 	
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