



PE	Year 4
Yoga	
Age related PE vocabulary	

Flexibility— the quality of bending easily without breaking	Mindfulness— a mental state achieved by focusing awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique
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<p>Key Knowledge</p> <ul style="list-style-type: none"> Mountain pose: Stand with feet shoulder width apart. Feet grounded. Roll shoulders away from ears and spread fingers wide like the roots of a tree reaching for the ground Down dog: Begin with hands shoulder width apart. Lift hips up and back and send heels towards the ground. <i>it is more important to have high hips and a flat back than straight legs. Bending the knees will help to achieve this</i> <p>Cobra: Lift chest from the ground and roll the shoulders down, away from ears</p> <p>We say 'namaste' at the start and end of yoga sessions— it means Nama means bow; as means I; and te means you. Therefore, namaste literally means 'I bow to you'. It is a Hindu greeting of respect</p> <p>Breathing is important and calming during yoga</p>
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PE	Carlton Assessment Grid		
Success Criteria	Pupil Reflection		Teacher Assessment
I can explore connecting breath and movement and understand how this is an act of mindfulness	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can explore new yoga poses and begin to connect them	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can explore gratitude when remembering and repeating a yoga flow	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can develop flexibility and strength in a positive summer flow	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can develop flexibility in an individual yoga flow	Before <input type="checkbox"/>	After <input type="checkbox"/>	