



PE	Year 5
Yoga	
Age related PE vocabulary	

Aware—being conscious of your body and mind and how they are connected

Key Knowledge

- 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. *it is more important to have high hips and a flat back than straight legs. Bending the knees will help to achieve this*

Cobra: Lift chest from the ground and roll the shoulders down, away from ears

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

Breathing is important and calming during yoga

PE	Carlton Assessment Grid		
Success Criteria	Pupil Reflection		Teacher Assessment
I can connect my breath and my 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 connect them	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can express gratitude when remembering and repeating a yoga flow	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can improve flexibility and strength in a positive summer flow	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can improve flexibility in an individual yoga flow	Before <input type="checkbox"/>	After <input type="checkbox"/>	