

Yoga	Pupil friendly objectives
<b>Taught Years 1-6</b>	• I can remember and repeat actions. (Y1)
	• I can make clear contrasting shapes with my body. (Y2)
	• I can show an awareness of space when travelling. (Y3)
	• I can link simple poses together. (Y4)
	• I am aware of my breath and can feel it move in my body. (Y5)
	• I can copy, remember and repeat yoga flows. (Y1)
	• I can create and repeat simple flow sequences with control.. (Y2)
	• I can use clear shapes when performing poses. (Y3)
	• I can move in time with my breath. (Y4)
	• I can move with control. (Y1)
	• I show balance when in my yoga poses. (Y2)
	• I can link yoga poses together. (Y3)
	• I show strength when holding my yoga poses. (Y4)
	• I show control when moving into yoga poses. (Y1)
	• I demonstrate yoga poses with good balance. (Y2)
	• I can smoothly link yoga poses together. (Y3)
	• I can work collaboratively with others. (Y4)
	• I can move with control from one pose to another. (Y1)
	• I can use yoga poses and my breath to improve my flexibility. (Y2)
	• I show balance whilst in yoga poses. (Y3)
• I show control and co-ordination in my sequence. (Y4)	
• I can link poses with control to move from one pose to another. (Y1)	
• I can balance whilst transitioning into yoga poses. (Y2)	
• I can hold a yoga pose with strength and control. (Y3)	