

Yoga

LKS Year 3 Skills

Lesson 1
What poses challenge your balance?

balance

Lesson 2
Can you create a flow using poses that challenge our balance?

pose

Lesson 3
What poses challenge your flexibility?

flexibility
bridge

Lesson 4
Can you create a flow using poses that challenge our flexibility?

flow

Lesson 5
What poses challenge your strength?

control
strength

Lesson 6
Assessment:
Can you perform a flow that challenges your balance, flexibility and strength?

wellbeing

What will we be learning about over the coming weeks?

Yoga

LKS Year 4 Skills

Lesson 1
Can you connect
breath and
movement?

breath

Lesson 2
Can you
connect new
yoga poses?

stable

Lesson 3
What is
gratitude
when
remembering
and
repeating a
yoga flow?

gratitude

Lesson 4
Can you
develop
flexibility
and strength
in a positive
summer
flow?

summer flow

Lesson 5
Can you
develop
flexibility
and
wellbeing in
an
individual
yoga flow?

yoga flow

Lesson 6
Assessment:
Can you
perform arm
balances
using
confidence
and
strength?

arm balance

What will we be learning about over the coming weeks?

Yoga

UKS Year 5 Skills

Lesson 1
How can breath help to hold and move from pose to pose?

*inhale
exhale*

Lesson 2
Can you use balance when exploring poses and create a flow?

concentrate

Lesson 3
Can you use flexibility when exploring poses and create a flow?

transition

Lesson 4
Can you use strength when exploring poses and creating a flow?

posture

Lesson 5
Can you create and refine a flow with a partner?

maintain

Lesson 6
Assessment:
Can you lead others through a flow?

quality

What will we be learning about over the coming weeks?

Yoga

UKS Year 6 Skills

Lesson 1
How do you develop flexibility through the sun salutation flow?

salutation

Lesson 2
How do you develop strength through yoga flows?

engage

Lesson 3
Can you create your own flow showing quality in control, balance and technique?

fluidly

Lesson 4
How do you develop balance through yoga flows?

lengthen

Lesson 5
Can you work collaboratively to create a controlled paired yoga flow?

collaborate

Lesson 6
Assessment:
Can you create your own yoga flow that challenges technique, balance and control?

stable

What will we be learning about over the coming weeks?