

# Year 1 Yoga

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through yoga. In addition, we evaluate and recognise our own successes.

Yoga:

We will learn to develop flexibility, strength, technique, control and balance. We will learn how to breathe correctly as we move through a range of different yoga poses, maintaining control and posture.

Key Vocabulary			
breath	strength	triangle	cobra
dolphin	cat	dragon	cow
stretch	twist	stillness	standing
posture	plank	balance	hold



Questions to develop learning	5-star self-rating
Can I practise calm breathing work?	★ ★ ★ ★ ★
Can I hold different yoga poses for 3 seconds?	★ ★ ★ ★ ★
Can I move from one position to another?	★ ★ ★ ★ ★
Do I know the names of different yoga poses?	★ ★ ★ ★ ★
Am I able to demonstrate a pose?	★ ★ ★ ★ ★