

Year 2 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.

| Key Vocabulary | | | |
|----------------|-----------|------------|---------|
| breath | cow | bear | breathe |
| tree | cat | dragon | inhale |
| stretch | twist | mountain | exhale |
| posture | butterfly | child pose | timing |
| strength | cobra | balance | hold |



| Questions to develop learning | 5-star self-rating |
|--|--------------------|
| Can I apply the correct breathing? | ★ ★ ★ ★ ★ |
| Can I hold a pose correctly for 3 seconds? | ★ ★ ★ ★ ★ |
| Do I have good posture? | ★ ★ ★ ★ ★ |
| Can I complete some different poses? | ★ ★ ★ ★ ★ |
| Can I name some of the poses? | ★ ★ ★ ★ ★ |