

Year 5 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 | warrior | triangle | cobra |
| dolphin | cat | dragon | pretzel |
| stretch | twist | back bend | standing |
| posture | hip width | stillness | active |
| strength | core | balance | hold |



| Self-reflection questions - Yoga | Yes | No | Working on |
|--|-----|----|------------|
| Did I find the lessons peaceful and calm? | | | |
| Can I hold a pose with increasing strength? | | | |
| Am I able to focus on my breathing techniques? | | | |
| Did I engage my core during the poses? | | | |
| Did I have the increasing correct posture? | | | |
| Did I learn some different poses? | | | |
| Was I able to hold the poses for 3-5 seconds? | | | |
| Was I able to transition from one pose to another and create a sequence? | | | |
| Could I perform partner balances? | | | |