

This framework should be adapted by the teacher to meet the learning requirements of the class

-Can use a range of skills in different ways and to link them to make actions and sequences of movement
-Has developed flexibility, strength, technique, control and balance
-Can communicate and collaborate with others in a variety of activities
-Can compare their performances with previous ones and demonstrate improvement to achieve their personal best
-Can begin to evaluate performance and recognise their own success

End of KS2 Attainment Target



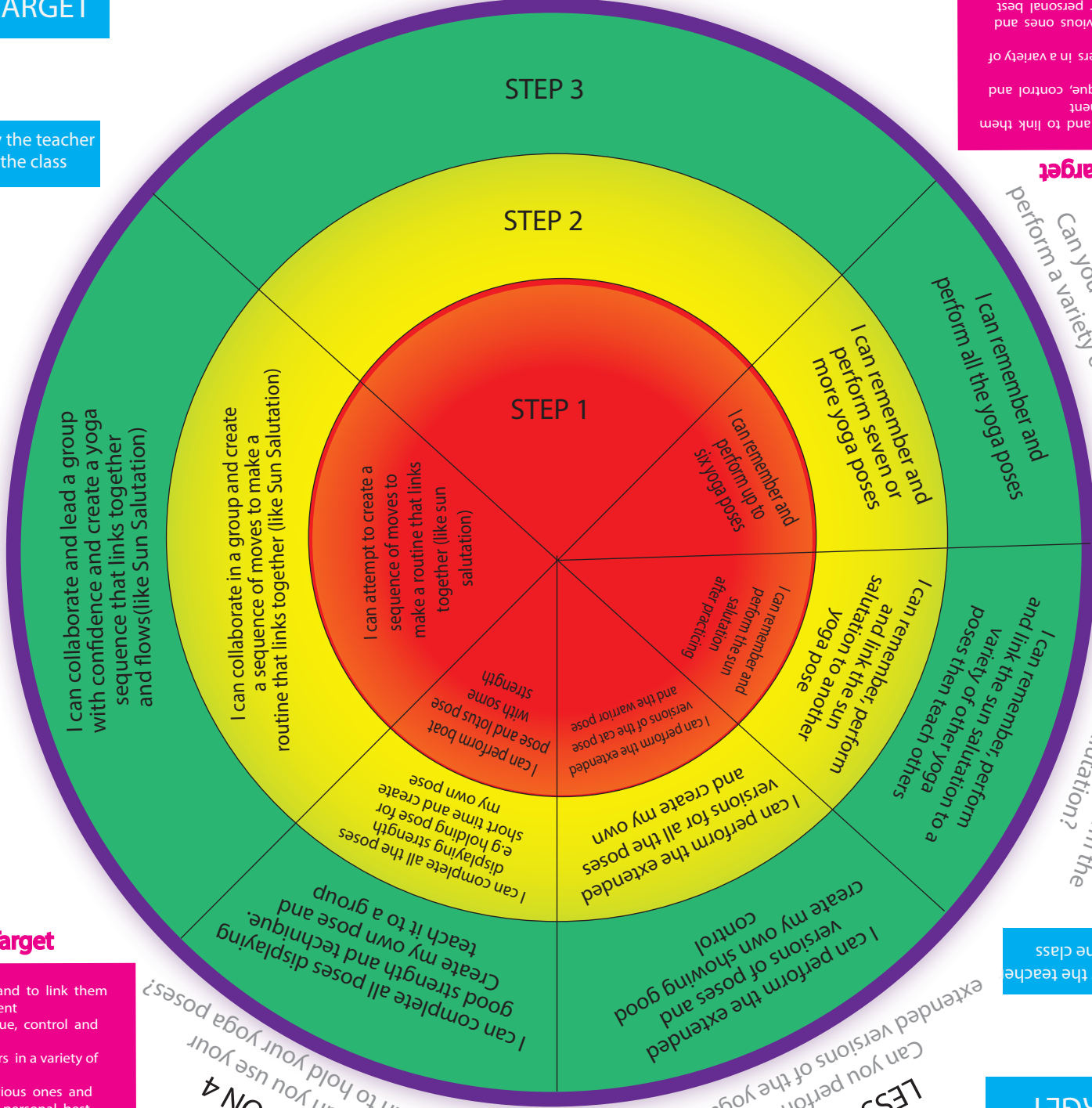
PRIMARY P.E. PLANNING

LESSON 1
Can you remember and perform a variety of yoga poses?

LESSON 2
How can you perform the sun salutation?

LESSON 3
Can you perform the extended versions of the yoga poses?

LESSON 4
How can you use your strength to hold your yoga poses?



How can you create your own yoga routine?

LESSON 5 & 6

I can collaborate and lead a group with confidence and create a yoga sequence that links together and flows (like Sun Salutation)

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