

# Yoga Vocabulary Progression



Year 6



Year 5



Year 4



Year 3



Year 2



Year 1



Year R

- March
- Balance
- Hold
- Move
- Listen

- Yoga
- Muscles
- Story Pose
- Stretch
- Pose

- Breathe
- Control
- Strong
- Relax

- Core Strength
- Breathing
- Concentrate
- Challenge
- Focus
- Relaxation

- Perform
- Tense
- Flexibility
- Position

- Sun Salutation
- Fluency
- Feedback
- Sequence
- Extended
- Create
- Strength

- Counter Balance
- Leadership
- Peer Coach
- Evaluate
- Routine
- Technique

