

Year 1 Yoga

Success Criteria/Unit Endpoints	Names/Initials
I can perform the Yoga poses, trying to keep my tummy strong (my core strength)	
I can lie down, close my eyes and begin to focus on my breathing when relaxing	
I can challenge myself to try some of the harder yoga poses	
I can perform the Yoga poses and perform with control	
I can relax and perform the Yoga poses	
I can work with a partner and use most of the poses to make up a story	

END OF YEAR 1 ATTAINMENT TARGETS
 - Has begun to master basic movements such as jumping
 - Has begun to demonstrate agility, balance, and co-ordination