

Year 2 Yoga

Success Criteria/Unit Endpoints	Names/Initials
<p>I can perform the Yoga poses, have a strong tummy to help me keep my body position</p>	
<p>I can lie down, relax and focus on my breathing taking deep breaths</p>	
<p>I can challenge myself to try all the harder yoga poses</p>	
<p>I can perform the Yoga poses with flexibility and control</p>	
<p>I can relax my whole body and perform the Yoga poses with some confidence</p>	
<p>I can remember all the yoga poses and include them in my story</p>	

END OF KS1 ATTAINMENT TARGETS

- Can master basic movements such as jumping and begin to apply these in a range of activities
- Can demonstrate agility, balance, and co-ordination