

Year 3 Yoga

Success Criteria/Unit Endpoints	Names/Initials
I can attempt the challenge pose - swaying tree	
I can sit in lotus pose breathing in and out through my nose	
I can keep my legs straight in giraffe pose and attempt cobra pose 2	
I can keep balanced during most of the poses	
I can collaborate and create a routine with a partner using the Fun Facts	
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YEAR 3 ATTAINMENT TARGETS

- Can begin to use skills in different ways and to link them to make actions and sequences of movement
- Has begun to develop flexibility, control and balance
- Is beginning to communicate with others during physical activities
- Is beginning to compare their performances with previous ones
- Can begin to recognise their own success