

Year 5 Yoga

Success Criteria/Unit Endpoints	Names/Initials
I can remember and perform up to six yoga poses	
I can remember and perform the sun salutation	
I can perform the extended versions of the cat pose	
I can perform boat pose and lotus pose with some strength	
I can collaborate in a group to create a yoga routine of up to seven poses	

YEAR 5 ATTAINMENT TARGETS

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