

Year 6 Yoga

Success Criteria/Unit Endpoints	Names/Initials
I can remember and perform seven or more yoga poses	
I can remember, perform and link the sun salutation to another yoga pose	
I can perform the extended versions for all the poses and create my own	
I can complete all the poses displaying strength e.g holding pose for short time and create my own pose	
I can collaborate in a group and create a sequence of moves to make a routine that links together (like Sun Salutation)	

END OF KS2 ATTAINMENT TARGETS

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