

Progression in Yoga at Ashleigh

Year 1	Year 2	Year 3						
<p>YEAR 1</p> <ul style="list-style-type: none"> • I can remember and repeat actions. • I can make clear contrasting shapes with my body. • I can show an awareness of space when travelling. • I can link simple poses together. • I can recognise changes in my body when I do exercise. • I am aware of my breath and can feel it move in my body. 	<p>YEAR 2</p> <ul style="list-style-type: none"> • I can copy, remember and repeat yoga flows. • I can create and repeat simple flow sequences with control. • I can use clear shapes when performing poses. • I can move in time with my breath. • I can describe how my body feels during exercise. 	<p>YEAR 3</p> <ul style="list-style-type: none"> • I can move with control. • I show balance when in my yoga poses. • I can link yoga poses together. • I show strength when holding my yoga poses. 						
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Year 4	Year 5	Year 6						
<p>YEAR 4</p> <ul style="list-style-type: none"> • I show control when moving into yoga poses. • I demonstrate yoga poses with good balance. • I can smoothly link yoga poses together. • I can work collaboratively with others. 	<p>YEAR 5</p> <ul style="list-style-type: none"> • I can move with control from one pose to another. • I can use yoga poses and my breath to improve my flexibility. • I show balance whilst in yoga poses. • I show control and co-ordination in my sequence. 	<p>YEAR 6</p> <ul style="list-style-type: none"> • I can use yoga poses to improve my flexibility. • I can link poses with control to move from one pose to another. • I can balance whilst transitioning into yoga poses. • I can hold a yoga pose with strength and control. 						
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