

YOGA

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through yoga. In addition, we evaluate and recognise our own successes.

Yoga:

We will learn to develop flexibility, strength, technique, control and balance. We will learn how to breathe correctly as we move through a range of different yoga poses, maintaining control and posture.

Key Vocabulary			
breath	warrior	triangle	cobra
dolphin	cat	dragon	pretzel
stretch	twist	back bend	standing
posture	hip width	stillness	active
strength	core	balance	hold



Self-reflection questions - Yoga	Yes	No	Working on
Did I find the lessons peaceful and calm?			
Did I learn something new?			
Was I able to focus on my breathing?			
Did I engage my core during the poses?			
Did I have the correct posture?			
Did I learn a variety of different poses?			
Was I able to hold the poses for a set number of seconds?			
Was I able to transition from one pose to another?			
Could I perform partner balances?			
Give an example of something you did well...			
Give an example of something you can improve...			