

Guide to the Progression through Yoga at Lostwithiel School 2019/2020



	Sequences	Speed	Postures	Qualities	Skills
Apple (Reception)	Copy a simple sequence – Sun Game . Children moving steadily with confidence.	Copying fast and slow movements.	Ability to copy and be steady in the starter postures, (eg chips, banana), whilst singing basic songs, therefore developing flexibility, strength, control and balance.	<p>Becoming aware of sharing, how focusing helps with balance and postures. eg Umbrella Game</p> <p>Learning calmness in quiet games and relaxation. eg Bird Relaxation</p> <p>Persevering with the games and postures. eg Sun Game</p> <p>Learning self-control and how to sit quietly, take turns. eg Good Sitting</p>	<p>Relaxation – learning to stay quiet for a moment and focus on being quiet in Bird, learning a simple, quiet song.</p> <p>Balancing – learning simple/starter balances aiming to keep them steady. Eg Banana Game</p> <p>Teamwork – learning to take turns and share by copying eg Rainstick Game and Don't be Sad</p> <p>Sitting quietly, listening and concentration – Learning to sit in Good Sitting and taking turns. Skills developed with games/songs eg Umbrella Game.</p> <p>Thinking and using maths – counting to 10 (eg Candle pose)</p>
Cherry (Yr1)	Copy a simple sequence – Sun Game . Children moving with basic control and co-ordination.	Understanding the difference between fast paced and slow-paced games.	Ability to demonstrate and be steady in the starter postures, (eg tree, dog), whilst singing and remembering basic songs, therefore developing memory, flexibility, strength, control and balance.	<p>Demonstrating awareness of sharing, becoming aware of how focusing and concentration helps with balance and postures. eg Don't be Sad</p> <p>Demonstrating calmness in quiet games and relaxation. eg Ladybird relaxation</p> <p>Persevering with the intermediate games and postures. eg Brilliant Balancers</p> <p>Demonstrating self-control and how to sit quietly, take turns. eg Knock Down the Tower</p>	<p>Relaxation – Ladybird Relaxation, learning to stay still and trying to keep eyes closed for the few minutes of relaxation.</p> <p>Balancing – learning simple balances, with basic control and co-ordination keeping them steady. eg Sneaky Trees</p> <p>Teamwork – learning to take turns and share eg Rainstick Game and Don't be Sad.</p> <p>Sitting quietly, listening and concentration – Learning to sit for longer in Good Sitting whilst taking turns. Demonstrated in eg Rainstick Game.</p> <p>Thinking and using maths – Counting x steps forwards and x to the side (eg Don't be Sad)</p>

Oak (Yr 2)	Copying, remembering, leading a simple sequence. Leading a familiar sequence, recognising when the sequence is changed.	With encouragement, moving between fast and slow games	Ability to copy and be steady in the intermediate postures, eg cobra, flamingo , whilst incorporating into games, therefore developing flexibility, strength, control and balance. Along with team skills	<p>Demonstrating awareness of sharing, of how focusing and concentration helps with balance and postures. eg Brilliant Balancers</p> <p>Learning calmness in all games, including higher energy games and relaxation. eg Sneaky Trees</p> <p>Persevering with the intermediate games and postures. eg Flower Game</p> <p>Demonstrating self-control and how to sit quietly, take turns. eg Make 'Em Laugh</p> <p>Becoming assertive and confident in their opinions/answers. eg Flower Game.</p> <p>Beginning to react quickly to changes in tempo and games. eg Shark Game</p>	<p>Relaxation – Ladybird Relaxation, learning to stay still and trying to keep eyes closed and being aware and focused on the relaxing story.</p> <p>Balancing – working towards intermediate balances, with basic control and co-ordination keeping them steady. eg What's the time Mr Wolf?</p> <p>Teamwork – demonstrating taking turns, sharing, beginning to collaborate in games eg Beat the Clock, Chase the Frog.</p> <p>Sitting quietly, listening and concentration – Demonstrated in longer games such as Sneaky Trees.</p> <p>Thinking and using maths – concentrating and adding eg Hoop Game</p>
Beech (Yr 3/4)	Copy a longer sequence of movements with greater control. Leading the sequence to classmates	Moving with greater control from fast paced to stillness.	Ability to demonstrate and be steady in the intermediate postures, eg hero 2, crab , whilst incorporating into games, therefore developing flexibility, strength, control and balance. Along with team skills.	<p>Demonstrating awareness of sharing, focusing, concentration and teamwork eg One Behind</p> <p>Developing calmness in all games, including higher energy games and relaxation eg The incredible Weather Game</p> <p>Persevering with the challenging games and postures eg Fleeing Frog</p>	<p>Relaxation – Ladybird Relaxation, learning to stay still, quiet and keep eyes closed and being aware and focused on the relaxing story.</p> <p>Balancing – using intermediate balances, working towards challenging balances with control and co-ordination keeping them steady. eg Brilliant Balancers</p> <p>Teamwork – encouraging between peers turn taking, sharing ideas and observations, collaborating in games eg Make 'Em Laugh,</p>

				<p>Demonstrating self-control and how to sit quietly, take turns eg Ladybird relaxation</p> <p>Demonstrating assertive and confident opinions/answers eg Flower Game.</p> <p>Reacting quickly to changes in tempo and games eg Hoop Game</p> <p>Learning how to be creative and tactical in new and unfamiliar games eg Poison</p> <p>Taking responsibility for themselves and as part of a team Chase the Frog</p>	<p>Whilst sitting quietly and listening, children are developing their concentration and focus. Also beginning to demonstrate observational skills, decision making and evidence of emerging tactical skills. These skills emerging in games such as Brilliant Balancers, Front to Front, Shark Game.</p> <p>Thinking and using maths – concentrating and adding eg Beat the clock</p> <p>Thinking and using French with French game cards.</p>
Maple (Yr 4/5)	Using a longer sequence, leading the sequence to classmates and demonstrating accuracy and control	Moving quickly from fast paced to stillness.	Ability to demonstrate and be steady in the challenging postures, eg hero 1, gate , whilst incorporating into games, therefore developing flexibility, strength, control and balance and technique. Along with team skills and developing tactical thinking.	<p>Demonstrating awareness of sharing, focusing, concentration and teamwork. eg Butterfly skittles</p> <p>Developing calmness in all games, including higher energy games and relaxation eg Dog Relay</p> <p>Persevering with the challenging games and postures eg One behind</p> <p>Demonstrating self-control and how to sit quietly, take turns eg Three steps Stick</p> <p>Demonstrating assertive and confident opinions/answers eg Yoglie, Bogleie, Mogleie.</p> <p>Reacting quickly to changes in tempo and games The Wrong Posture</p>	<p>Relaxation – Ladybird Relaxation, learning to stay still, quiet and keep eyes closed and being aware and focused on the relaxation and on the few moments of quiet at the end. Observing the feeling of staying quiet.</p> <p>Balancing – using challenging/advanced balances, with focus, control and co-ordination keeping them steady. Eg Front to Front</p> <p>Teamwork – Children organising themselves fairly with minimal adult input, sharing ideas, observations, and talking tactics thereby collaborating in technical age appropriate games such as Yoga Detective Who’s talking, Rock Paper Scissors.</p> <p>Expected to sit quietly and listening, children are concentrating and focused. Also demonstrating observational skills, decision making and evidence of tactical skills. These skills shown in</p>

				<p>Learning how to be creative and tactical in new and unfamiliar games eg Poison</p> <p>Taking responsibility for themselves and as part of a team Yoga Detective Who's Talking?</p>	<p>games such as Butterfly Skittles, Fleeing Frog, Sitting on a Chicken</p> <p>Thinking and using maths – probability with dice eg Heros in the Corner</p> <p>Thinking and using French with French game cards.</p>
Conkers (Yr 6)	Using a longer sequence, leading the sequence to classmates and demonstrating accuracy, control and fluency.	Moving immediately from fast paced to stillness.	Ability to demonstrate and be steady in the challenging postures, eg hero 1, gate , whilst incorporating into games, therefore developing flexibility, strength, control and balance and technique. Along with team skills and developing tactical thinking and developing strategy to win games.	<p>Demonstrating awareness of sharing, focusing, concentration and teamwork eg Heroes</p> <p>Developing calmness in all games, including higher energy games and relaxation eg Shark Game</p> <p>Persevering with the challenging games and postures eg Mixing Game</p> <p>Demonstrating self-control and how to sit quietly, take turns eg Prisoners</p> <p>Demonstrating assertive and confident opinions/answers eg Flower Game</p> <p>Reacting quickly to changes in tempo and games eg Chips in the Mud</p> <p>Learning how to be creative and tactical in new and unfamiliar games eg mixing game</p> <p>Taking responsibility for themselves and as part of a team eg Chase the Frog</p>	<p>Relaxation – Ladybird Relaxation, learning to stay still, quiet and keep eyes closed and being aware and focused on the relaxation and on the few moments of quiet at the end. Observing the feeling of staying quiet.</p> <p>Balancing – using challenging/advanced balances, with focus, concentration, control and co-ordination keeping them steady. Eg Concentration/Matching Game</p> <p>Teamwork – Children organising themselves fairly if possible, without adult input, sharing ideas, observations, and tactics and collaborating in teams in technical, age appropriate games such as Toilet Game, Heroes.</p> <p>Expected to sit quietly and listening, children are concentrating and focused. Also demonstrating observational skills, decision making and evidence of tactical skills. These skills shown in technical games such as Heroes, Yogle, Boglie, Moglie, Yoga Detective, Who's the Leader.</p> <p>Thinking and using maths – probability with dice eg Heros in the Corner</p> <p>Thinking and using French with French game cards.</p>