
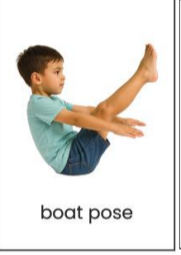




Fulbourn Primary School Yoga progression and poses

Poses will be introduced in the phases they are listed under below but should continue to be used as part of teaching in all phases following this.

EYFS (fundamentals linking to yoga)								
<p>Use core muscle strength to achieve a good posture when sitting on the floor.</p> <p>Combine different movements with ease and fluency.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p> <p>Progress towards a more fluent style of moving, with developing control and grace</p>			 <p>butterfly pose</p>	 <p>lotus pose</p>	 <p>seated side bend pose</p>		 <p>seated forward bend pose</p>	
KS1		LKS2			UKS2			
 <p>warrior I pose</p>	 <p>warrior II pose</p>	 <p>cow pose</p>	 <p>tree pose</p>	 <p>chair pose</p>	 <p>squat pose</p>	 <p>shoulder stand pose</p>	 <p>bridge pose</p>	 <p>side plank pose</p>
 <p>cat pose</p>	 <p>cobra pose</p>	 <p>child pose</p>	 <p>bow pose</p>	 <p>boat pose</p>	 <p>one-legged downward-facing dog</p>			
 <p>revolved head-to-knee pose</p>	 <p>triangle pose</p>	 <p>camel pose</p>						
 <p>downward dog pose</p>	 <p>pigeon pose</p>							
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6			
<p>Copy and repeat poses.</p> <p>Develop flexibility when holding poses.</p> <p>Develop balance when holding poses.</p> <p>Create flow with a partner.</p>	<p>Copy and remember poses.</p> <p>Develop an awareness of strength when completing yoga poses.</p> <p>Develop an awareness of flexibility when completing yoga poses.</p> <p>Copy and remember actions to link into a flow.</p>	<p>Attempt poses that challenge balance.</p> <p>Attempt poses which challenge flexibility.</p> <p>Attempt poses which challenge strength.</p> <p>Create flow using poses which challenge balance, flexibility or strength individually.</p> <p>Create a flow and teach it to a partner.</p>	<p>Develop strength and flexibility in flow.</p> <p>Make links between well-being and yoga.</p> <p>Create flow using poses which challenge balance, flexibility and strength.</p>	<p>Develop an awareness of how breath can help to hold and move from pose to pose.</p> <p>Identify and use balance, flexibility and strength to explore poses and create a flow.</p> <p>Create and refine a flow with a partner.</p>	<p>Understand how breath can help to hold and move from pose to pose.</p> <p>Demonstrate consistent balance, flexibility and strength in flow.</p> <p>Work collaboratively to create a controlled paired yoga flow.</p> <p>Lead a group/class in a flow created.</p>			