



Early Years - reception year

I can perform ten or more yoga poses (from the Introductory Level 1 Iyengar yoga syllabus) with clear shapes, some control and consistency.
I can explore yoga poses through stories, games, and some short yoga sequences.
I can practice some of the balancing poses, using adaptations when I need to.
I can name up to ten of the yoga poses I am practicing.
I can follow the relaxation routine at the end of the class lying still for up to one minute.
I am beginning to understand that yoga is good for me.

Key Stage 1 - Years 1 and 2

I can perform fifteen or more yoga poses (revisiting poses from the Introductory Level 1 and being introduced to the Level 2 Iyengar Yoga syllabus) with clear shapes, some control and consistency.
I can follow a basic yoga sequence beginning to show an awareness of how my body is moving.
I can name up to ten of the yoga poses I am practicing.
I can hold some of the balancing yoga poses for a short time, making adaptations where needed.
I can follow the relaxation routine at the end of the class and lie still for up to two minutes or more.
I can say how my body feels before, during and after yoga.
I am learning how to lift up to a shoulder stand from the floor and I am beginning to try to hold the pose.
I am beginning to understand the benefits of yoga for my mind and my body.





Lower Key Stage 2 - Years 3 and 4

I can perform twenty five or more yoga poses (poses from the Introductory Level 1 and Level 2 and a small number of poses from the Junior Intermediate Level 1 Iyengar yoga syllabus) with clear shapes, some control and consistency.

I can follow yoga sequences from the three syllabuses.

I am beginning to plan and practice independently a sequence of up to four Iyoga poses.

I can name fifteen or more of the yoga poses I am practicing.

I can follow the relaxation routine at the end of the class lying still for up to three minutes or more.

I can follow breathing exercises and begin to describe how my breath feels.

I am being introduced to the Sanskrit names for some of the poses.

I can hold some of the balancing yoga poses for a short time and can make adaptations where necessary.

I can practice shoulderstand, lifting independently from the floor. I am beginning to explore hand stands.

I can describe the benefits of yoga for my mind and my body.

Upper Key Stage 2 - Years 5 and 6

I can perform thirty five or more yoga poses (from the Introductory Level, Level 2 and some of the poses from the Junior Intermediate Level 1 Iyengar Yoga syllabus) with clear shapes, increased control and consistency. Introduction of the revolved standing poses.

I can follow yoga sequences with increased control, some awareness of how my body is moving with some extension, steadiness and stability.

I can independently plan and practice a sequence of five or more related yoga poses.

I can name twenty or more of the yoga poses I am practicing.

When given the names in Sanskrit I can show five or more poses and I am beginning to say some of the names independently.

I can hold the standing and seated balancing yoga poses for an increased amount of time.

I can follow the relaxation routine at the end of the class and lie still for three minutes or more.

I can follow breathing exercises and begin to describe how my breath feels. I understand how using breathing exercises can help me to feel calm.

I can independently practice shoulder stand with increased control and handstand with support where necessary.

I can describe the benefits of yoga for my mind and my body.

I understand how different types of yoga poses have different benefits and I am beginning to show what I can practice to help with different feelings and emotions.

