

Yoga and Mindfulness Progression of Skills

Concept	Foundation Stage	1/2	3/4	5/6
<b>Breathing</b>	<ul style="list-style-type: none"> <li>I can understand and the word 'breathing'</li> <li>I can practice a breathing technique with support from an adult/visual prompts</li> </ul>	<ul style="list-style-type: none"> <li>I can practice 'Yoga' breathing (Slow breath in through the nose and out through the mouth)</li> <li>I can practice two different breathing techniques</li> </ul>	<ul style="list-style-type: none"> <li>I can pay attention to and notice how the breath feels in the body</li> <li>I can independently 3 breathing techniques and can model them to my peers</li> </ul>	<ul style="list-style-type: none"> <li>I can independently practice 5 breathing techniques</li> <li>I can recognize how my breathing can change dependent on my emotional state.</li> <li>I can utilize the breath when practicing a flow</li> </ul>
<b>Physical Development</b>	<ul style="list-style-type: none"> <li>I can identify all of my body parts</li> <li>I can begin to balance on one leg</li> <li>I can practice some basic yoga poses</li> </ul>	<ul style="list-style-type: none"> <li>I can begin to show some control in balance poses</li> <li>I can practice a simple sun salutation sequence</li> <li>I can identify my core muscles</li> <li>I can copy a simple flow of 4 poses</li> </ul>	<ul style="list-style-type: none"> <li>I can control my body well when performing balance poses</li> <li>I can practice and remember a sun salutation sequence</li> <li>I can begin to notice how my muscles work to hold a pose</li> <li>I can practice and collaborate with peers a simple flow of 6 poses</li> <li>I can perform more complex poses with control, developing core strength and good flexibility</li> </ul>	<ul style="list-style-type: none"> <li>I can move my body with confidence, control and awareness</li> <li>I can practice and remember more advanced sun salutation sequence</li> <li>I can practice and create a dynamic flow</li> <li>I can practice complex and challenging poses with core strength, flexibility and balance and hold poses for longer periods of time</li> </ul>
<b>Emotional Regulation</b>	<ul style="list-style-type: none"> <li>I can identify some emotions e.g. happy, sad, angry using a visual communication tool</li> </ul>	<ul style="list-style-type: none"> <li>I can express my emotions verbally</li> <li>I can explain how Yoga makes me feel physically and mentally</li> <li>I can describe how certain poses make me feel e.g 'Warrior pose makes me feel brave'</li> </ul>	<ul style="list-style-type: none"> <li>I can identify emotions and attempt to provide reasoning e.g. 'I am feeling angry because I was left out of the game'</li> <li>With some adult support, I can identify which poses/breathing exercises can help me to regulate my emotions. E.g. 'When I am feeling frustrated, Lion's breath will help me get in the green zone'</li> </ul>	<ul style="list-style-type: none"> <li>I can confidently describe my emotions and</li> <li>I can independently select and utilize specific poses and breathing techniques to help me to regulate my emotions</li> </ul>
<b>Social and Communication Skills</b>	<ul style="list-style-type: none"> <li>I can listen carefully to the adult</li> <li>I can respect other's personal space by staying on my own mat during the session</li> <li>I can talk about which poses I have enjoyed</li> <li>I can participate in the hello and goodbye song at the start of each session</li> <li>I can talk about ways to keep healthy</li> </ul>	<ul style="list-style-type: none"> <li>I can listen carefully to the adult for longer periods of time</li> <li>I can say which poses I enjoy and why</li> <li>I can demonstrate patience when waiting for my turn in a game</li> </ul>	<ul style="list-style-type: none"> <li>I can work co-operatively with a partner to practice partner poses (Double dog, Double boat, Lizard on a Rock)</li> <li>I can begin to provide feedback to my peers</li> <li>I can begin to recognise my own success</li> </ul>	<ul style="list-style-type: none"> <li>I can work co-operatively with my peers to create and demonstrate a flow of yoga poses</li> <li>I can explain how yoga can support a healthy lifestyle, both physically and mentally.</li> <li>I can provide my peers with feedback using key vocabulary</li> <li>I can say what I have done well and what I need to do to improve</li> </ul>
<b>Mindfulness and Meditation</b>	<ul style="list-style-type: none"> <li>I can practice 3 deep breaths at the start of each session</li> <li>I can use specific tools to support me when practicing mindfulness (Breathing ball, calm jar, bubbles)</li> </ul>	I can keep my body still and calm for a couple of minutes during relaxation time	<ul style="list-style-type: none"> <li>I can keep my body still and calm for up to 5 minutes during relaxation time</li> <li>I can perform a mindful mantra</li> </ul>	<ul style="list-style-type: none"> <li>I can keep my body still and calm for up to ten minutes during relaxation time</li> <li>I can understand what gratitude is and how to practice it</li> <li>I can perform and create a mindful mantra</li> </ul>