

Yoga and Mindfulness Progression of Skills

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