**Fitness (Yoga/Pilates) – Skills Ladder**

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| **Foundation Stage** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| I can begin to stretch my body up smoothly | I can stretch my body up smoothly | I can stretch my body & move slowly & smoothly into at least 3 yoga poses | I can maintain still & quietness for a short period of time | I understand ways to enhance my own relaxation & explore what works for me | I can lie down, rest pose & relax, breathing in & out through my nose to develop relaxation | I can explore breathing methods to calm the body & mind |
| I can begin to fold my body forwards and arch my back in a smooth & comfortable movement | I can fold my body forwards, arch & dip back down, in a smooth & comfortable movement | I can confidently fold my body forward, into an arch & dip my back | I can develop awareness of flexibility & balance when holding & completing yoga poses | I am aware of my flexibility, balance & strength while holding a variety of poses | I can continue to develop flexibility, strength, technique, control & balance | I can practice twisting & stretching techniques to loosen tight muscles |
| I can begin to develop my balance while practicing a few simple poses | I can keep my balance while moving between yoga poses | I can move between yoga poses while using my strength to keep my balance | I can remember & practice some poses previously learned & demonstrate these with guidance from the teacher | I can revisit some poses previously learned & demonstrate these | I can perform a variety of yoga poses & have a strong core to help to keep my body in positions | I can recap, review & demonstrate poses previously learned & add in new poses that have a flexible spine |
| I can listen to the instructions to keep me safe | I can follow instructions to keep safe through a series of movements | I am aware that I need to listen carefully on how to move & hold myself correctly during yoga & keep myself safe | I can follow instructions & hold new poses | I can create & follow instructions when holding new yoga poses | I can attempt challenging poses (swaying tree), always following instructions to keep safe | I can follow instructions & hold new yoga poses accurately |
| I can copy & repeat yoga poses | I can remember & repeat yoga poses, starting to link poses together | I can move from one pose to another thinking about my breath | I can demonstrate that I have remembered some aspects of yoga | I can begin to learn some more challenging poses & practice them | I can begin to transition between familiar poses | I can transition confidently between poses smoothly |
| I can work as an individual & begin to work with a partner | I can work with others to create poses | I can work with others to create simple flows, using some control | I can support another in holding yoga poses | I can collaborate & create a routine with a partner | I can use poses that I have learned & compose a dynamic routine incorporating movement across the floor with a partner | I can explore new poses, both as an individual/with a partner & put these in a performance to the class |