

Year: 6	Date: Advent 2	Subject: PE - Fitness & Yoga
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Get set 4 PE assessment

YOGA

- I am confident to lead others, demonstrating poses and teaching them my flow.
- I can use feedback provided to improve the quality of my work.
- I can use my breath to transition from one pose to another with control.
- I can use yoga poses to improve my flexibility, strength and balance.
- I choose poses which link easily from one to the other to help my sequence flow.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.
- I understand that there are different areas of fitness and how this helps me in different activities

FITNESS

- I can change my running technique to adapt to different distances.
- I can collect, record and analyse scores to identify areas where I have made the most improvement.
- I can work with others to organise, manage and record information at a station.
- I encourage and motivate others to work to their best.
- I understand that there are different areas of fitness and how this helps me in different activities.
- I understand the different components of fitness and ways to test and develop them.
- I work to my maximum consistently when presented with challenges.

Links to previous year groups and topics:

EYFS - Physical development: Gross motor skills

Fitness and Yoga taught in Y3, 4, 5

Week 1: 28.10.24	Week 2: 4.11.24	Week 3: 11.11.24	Week 4: 18.11.24	Week 5: 25.11.24	Week 6: 2.12.24	Week 7: 9.12.24	Week 8: 16.12.24
Yoga - MRS S To develop flexibility through the sun salutation flow	To develop strength through yoga flows	To create your own flow showing quality in control, balance and technique	To develop balance through yoga flows	To work collaboratively to create a controlled paired yoga flow	To create your own yoga flow that challenged techniques, balance and control.	Application of previous weeks	Application of previous weeks
Fitness - FDS To develop an awareness of what your body can do,	To develop stamina and speed	To develop strength using my own body weight	To develop coordination	To develop agility	To develop balancing with control	Application of previous weeks	Application of previous weeks
<p>Vocabulary: Motif, sequence, haka, perform, pattern, shape, speed, level, tableau</p> <p>mirror, travel, forwards, backwards, opposite, sideways, matching, different levels, asymmetric, contrasting, simultaneously</p>							