

# Yoga Progression Ladder

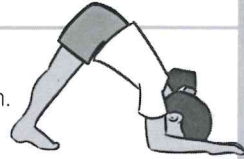
## Skills

**Balance:** link combinations of poses for balance with increased control in transition.  
**Flexibility:** confidently transition from one pose to another showing extension connected to breath.  
**Strength:** explore poses that challenge my strength and work to maintain increased control and strength when in and transitioning between poses.  
**Mindfulness:** explore methods to control how I feel with some success.

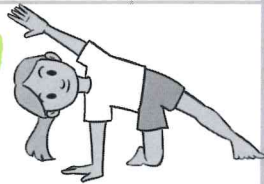
**Balance:** use my breath to maintain balance within an individual and partner pose.  
**Flexibility:** develop flexibility by connecting movement with breath.  
**Strength:** demonstrate increased control and strength when in and transitioning between poses.  
**Mindfulness:** explore methods I can use to control how I feel.

**Balance:** explore using my breath to maintain balance within a pose.  
**Flexibility:** demonstrate increased extension in poses.  
**Strength:** demonstrate increased control and strength when in a pose.  
**Mindfulness:** engage with mindfulness activities with increased focus.

**Balance:** demonstrate increased control when in poses.  
**Flexibility:** explore poses and movement in relation to my breath.  
**Strength:** explore arm balances with some control.  
**Mindfulness:** develop my ability to stay still and keep my focus.



**Balance:** remember, copy, and repeat sequences of linked poses.  
**Flexibility:** show increased awareness of extension in poses.  
**Strength:** demonstrate increased control in performing poses.  
**Mindfulness:** explore controlling my focus and sense of calm.



**Balance:** perform balances and poses making my body tense, stretched and curled.  
**Flexibility:** explore poses and movements that challenge my flexibility.  
**Strength:** explore strength whilst transitioning from one pose to another.  
**Mindfulness:** recognise my own feelings in response to a task or activity.



**Balance:** explore shapes in stillness using different parts of my body.  
**Flexibility:** explore shapes and actions to stretch my body.  
**Strength:** explore taking weight on different body parts.  
**Mindfulness:** explore my own feelings in response to an activity or task.

## Knowledge

Year  
6

**Balance:** know where and when to apply force to maintain control and balance.  
**Flexibility:** know which of my muscles require more practice to increase my flexibility.  
**Strength:** understand that I can build up my strength by practicing in my own time.  
**Mindfulness:** identify times in my everyday life when mindfulness activities would be helpful for my wellbeing.

Year  
5

**Balance:** understand that I need to apply force to maintain balance in a partner pose.  
**Flexibility:** understand that I can improve my flexibility when moving with my breath.  
**Strength:** know the muscles I am using by name.  
**Mindfulness:** understand that there are different techniques I can use to control how I feel.

Year  
4

**Balance:** understand that if I move with my breath it will help me to balance.  
**Flexibility:** understand which body parts I am trying to extend in different poses.  
**Strength:** understand that people have different levels of strength.  
**Mindfulness:** understand that mindfulness is a personal journey.



Year  
3

**Balance:** understand that if I use the whole of the body part in contact with the floor, it will help me to balance.  
**Flexibility:** know that if I move as I breathe out I can stretch a little bit further.  
**Strength:** understand that I need to use different muscles for different poses.  
**Mindfulness:** know that I can use my breath to focus.

Year  
2

**Balance:** understand that I can squeeze my muscles to help me to balance.  
**Flexibility:** know that flexibility helps us to stretch our muscles and increase the movement in our joints.  
**Strength:** know that strength helps us with everyday tasks such as carrying our school bag.  
**Mindfulness:** understand that I can use yoga to make me feel calm.

Year  
1

**Balance:** know that if I focus on something still it will help me to balance.  
**Flexibility:** know that yoga helps to improve flexibility which we need in everyday tasks.  
**Strength:** know that I can use my strength to move slowly and with control.  
**Mindfulness:** understand that yoga can make me feel happy.

EYFS

**Balance:** know that it is easier to balance using more parts of my body than fewer parts.  
**Flexibility:** know that I can make my body longer by reaching out with my arms and legs.  
**Strength:** understand that I can hold my weight on different parts of my body.  
**Mindfulness:** understand how movement makes me feel.

