

Year 4 Yoga Assessment: Mind, Body, and Balance

Learning objective: To demonstrate an understanding of yoga poses, the importance of controlled breathing, and how physical movement impacts the body.

Read each question carefully. Use your knowledge of yoga techniques and anatomy to answer in full sentences where required. Ensure your writing is clear and legible.

Yoga is a practice that combines physical movement, controlled breathing, and mental focus. When we hold poses like the 'Tree' or the 'Downward Dog', we use our core muscles to maintain stability. By linking our breath to our movement—inhaling as we expand and exhaling as we fold—we help our bodies stay calm and improve our overall flexibility.

Word bank: Flexibility · Stamina · Inhale · Exhale · Balance · Posture · Focus · Core · Strength · Relaxation

1. Identify two benefits of practising yoga for the human body. (2 marks)

2. Explain why it is important to 'inhale' and 'exhale' in a rhythmic pattern while holding a challenging pose. (2 marks)

3. Max is trying to hold the 'Tree' pose but keeps wobbling. Suggest one specific technique he could use to improve his balance. (2 marks)

4. Compare and contrast 'stretching' a muscle before a race and 'holding a yoga pose'. How do they differ in their purpose? (3 marks)

5. Justify why yoga is considered a form of 'mindfulness'. How does the practice affect your thoughts and concentration? (4 marks)

6. Nova the owl wants to create a yoga sequence for her friends. Design a 3-step sequence using your own descriptive names for the poses. Explain why you chose these specific movements to transition from one to the next. (5 marks)

7. If a student were to practise yoga for 15 minutes every day for one week, predict two long-term physical changes they might notice. Justify your prediction. (4 marks)

8. What might happen to a person's physical performance in other sports if they neglected to work on their core strength and flexibility? (3 marks)

Draw: Draw a labelled diagram of yourself performing a yoga pose of your choice. Clearly label the muscles you think are being stretched and the muscles being used for core stability.



Extension challenge: Write a short reflective paragraph (100 words) on how yoga helps you manage stress or big emotions. Total: /25