

Yoga Assessment: Finding Calm and Balance

Learning objective: To show understanding of yoga poses, safety, and how exercise helps our bodies and minds.

Read each question carefully. Use the word bank to help you spell your answers. Write your answers clearly on the lines provided.

Yoga is a way to move our bodies carefully. We use poses to build strength and balance. It is important to listen to your body and stay safe. Remember to breathe slowly while you move. Doing a warm-up helps our muscles get ready. A cool-down helps us feel calm at the end.

Word bank: Balance · Breathing · Focus · Strength · Gentle · Pose · Warm-up · Cool-down

1. Why is it important to do a warm-up before you start yoga? (2 marks) (2 marks)

2. Name two things you can do to stay safe during a yoga session. (2 marks) (2 marks)

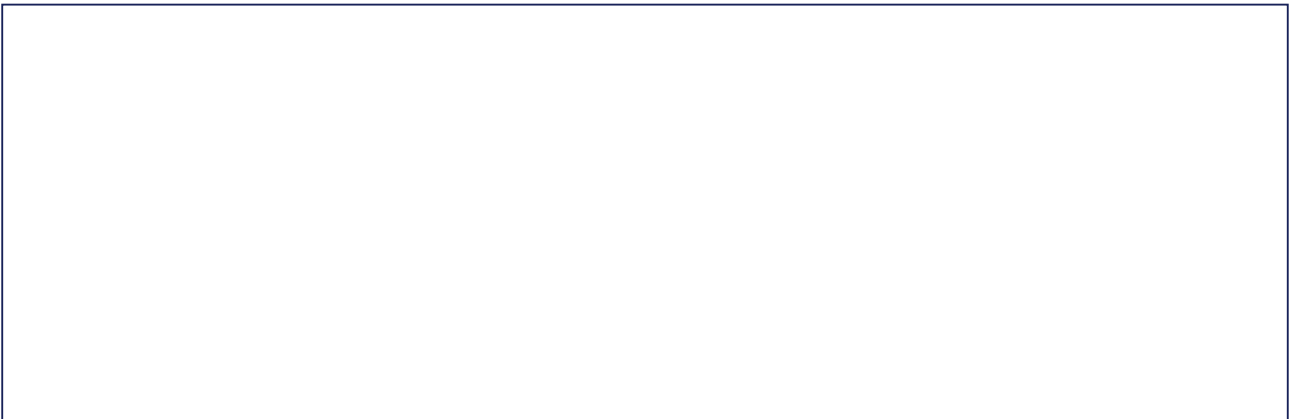
3. How does slow, deep breathing help you when you are holding a difficult yoga pose? (3 marks) (3 marks)

4. Max the monkey is trying to stand on one leg. Which word from the word bank describes what he is trying to improve? (1 mark) (1 mark)

5. Describe how your body feels after a yoga session compared to how it felt before you started. Use full sentences. (4 marks) (4 marks)

6. Extended Writing: Imagine you are teaching a friend how to do a simple yoga pose. Explain the steps clearly. Tell them how to stand, how to breathe, and why it is good for them. (5 marks) (5 marks)

Draw: Draw yourself in your favourite yoga pose. Label the body parts you are using to keep your balance.



Extension challenge: Write a short poem about how yoga makes you feel. Total: /25