

Class 5 PE Assessment: The Foundations of Yoga

Learning objective: To demonstrate understanding of physical control, balance, breathing techniques, and the benefits of yoga for mental and physical wellbeing.

Read each question carefully before writing your answer. Ensure you use clear, scientific, or descriptive language where appropriate. Good luck!

Nova the barn owl has been leading the woodland animals in morning yoga sessions to help them prepare for their daily adventures. By focusing on steady breathing and controlled movements, the animals have improved their posture and focus. Max the monkey uses yoga to steady his breathing before tackling tricky maths problems, while Leo the lion uses it to calm his mind before reciting his latest poems.

Word bank: Flexibility · Mindfulness · Balance · Core strength · Inhale · Exhale · Posture · Concentration

1. Name two physical benefits of practising yoga regularly. (2 marks)

2. Explain why 'inhaling' and 'exhaling' at a steady pace is important during a yoga pose. (3 marks)

3. Max is trying to hold a 'tree pose' to improve his balance. Describe one way he can keep his body steady while standing on one leg. (2 marks)

4. Define the term 'mindfulness' in the context of our yoga lessons. How does it help a student in the classroom? (4 marks)

5. Identify one safety rule we must follow during a PE yoga session to ensure everyone remains injury-free. (2 marks)

6. Compare and contrast two different yoga poses we have practised (e.g., Mountain Pose vs. Downward Dog). How do they differ in how they use your muscles and balance? (3 marks)

7. Design a 5-minute yoga routine for your classmates. Write a paragraph explaining your chosen poses, why you included them, and how they help the body or mind. Include how you would transition between movements safely. (9 marks)

Draw: Draw a labelled diagram of yourself performing a balanced yoga pose. Clearly label the muscles you think are working hardest (e.g., core, legs, shoulders).



Extension challenge: Total: /25. Extension: If you were to teach yoga to a group of younger children, what is one way you would modify a difficult pose to make it more inclusive and safer for them?