

Year 5 Yoga: Mind, Body, and Balance Assessment

Learning objective: To demonstrate knowledge of yoga postures, the importance of controlled breathing, and the physical benefits of a balanced yoga practice.

Read each question carefully. Use the word bank to help you articulate your understanding of yoga principles. Ensure your explanations are clear and use precise anatomical or movement-based terminology.

Yoga is a practice that combines physical poses, known as asanas, with rhythmic breathing. It is not a competition, but a method to improve physical health and mental focus. In Year 5, we focus on the importance of alignment, moving with intention, and how steady breathing helps us hold challenging poses while keeping our bodies calm and relaxed.

Word bank: Flexibility · Core strength · Controlled breathing · Postures · Balance · Concentration · Steady · Well-being · Alignment

1. Name two physical benefits of regular yoga practice and explain how they help you in other sports. (2 marks)

2. Why is 'controlled breathing' essential when holding a challenging pose like the Tree Pose? (2 marks)

3. Describe the correct alignment for a standing forward fold. What should you be mindful of regarding your knees and spine? (3 marks)

4. Compare and contrast 'static poses' (holding still) and 'dynamic sequences' (flowing movements). When might you use each? (4 marks)

5. Max the monkey is trying to hold a balance pose but keeps wobbling. Using your knowledge of core strength and focus, justify why he should engage his abdominal muscles and fix his gaze on a single point. (4 marks)

6. Explain why warming up the major muscle groups is a vital prerequisite before beginning a yoga session. What might happen to the body if this step is skipped? (3 marks)

7. Extended Writing Task: Nova the owl suggests that yoga is a form of 'moving meditation.' Write a paragraph explaining your interpretation of this phrase. How does the practice of yoga support your mental well-being and concentration in a classroom setting? (5 marks)

Draw: Draw a labelled diagram of a yoga sequence involving three different poses. Use arrows to show the direction of movement and label the primary muscle groups being stretched or strengthened in each pose.



Extension challenge: Total: /25. Extension: If you were designing a 10-minute yoga routine for a group of children who have been sitting at desks all day, which three poses would you select to improve posture? Justify your choices based on the areas of the body that require release.