



Yoga Skills Progression (Years 1–6)

Year	Focus	Key Skills
Year 1	Foundations & Exploration	Follow simple instructions; Learn basic poses (Mountain, Tree, Cat/Cow, Child's Pose); Explore breath awareness; Basic balance; Short relaxation; Safe movement
Year 2	Control & Coordination	Hold poses 5–10 sec; Improve balance; Simple transitions; Mini-flows; Guided breathing; Imagery relaxation
Year 3	Strengthening & Sequencing	Simple flow sequences; Hold poses 10–15 sec; Core strength (Plank, Boat, Bridge); Partner balances; Breath & movement link; 30–60 sec mindfulness
Year 4	Flexibility & Technique	Longer sequences; Pose families; Flexibility (Forward Fold, Cobra, Low Lunge); New balances (Eagle, Warrior III); Breath support; 1–2 min meditation
Year 5	Flow, Alignment & Challenge	Sun Salutations; Complex poses (Crow prep, Triangle, Dancer); Hold 15–20 sec; Create sequences; Focused breathing; Reflection
Year 6	Independence, Mastery & Mindfulness	Confident flows; Hold 20–30 sec; Intro inversions; Lead sequences; Wellbeing understanding; 3+ min mindfulness