

**Yoga 4 Classrooms™ Performance Outcomes**  
*NASPE Standards*  
*Grades K-5*

Standard 1	Standard 2
<b><i>Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</i></b>	<b><i>Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities</i></b>
Discovers how to balance on different body parts, at different levels, becoming "like" a statue while making symmetrical and nonsymmetrical shapes	Is familiar with body planes (front, back, side, etc.) and is able to reference that familiarity in completing simple and complex motor skills
Demonstrates smooth transition between locomotor skills in time to music	Identifies and isolates body parts in the performance of postures and sequential movements
Acquires ability to march in place and master "cross-crawl" movements	Understands that warm-up poses help prepare the body for more complex movements
Develops skills to enable performance of jumping jacks and other complex motor activities	Recognizes how to move safely in general space, in order to avoid injuring self or others
Demonstrates smooth transition between sequential locomotor skills	Corrects movement errors in response to corrective feedback
Demonstrates smooth transition between sequential locomotor skills in time to music	Uses knowledge of critical elements of form or simple biomechanical or motor development principles to provide feedback to others
Demonstrates control in weight-bearing activities	Understands and demonstrates that appropriate practice improves performance
Able to perform skills in combination with each other	Understands and demonstrates correct basic shapes and forms while performing yoga postures
Demonstrates good posture in weight-bearing activities	Understands physical and psychological benefits that result from long-term participation in physical activity
Demonstrates improved posture and muscular support while seated and while writing	Able to apply understanding of the body in yoga postures to explore creative movement
Develops and refines a sequence of movements, demonstrating smooth transitions	Able to apply understanding of the body in yoga postures to aid in performance of other sports and movement/fitness activities
Demonstrates ability to hold postures requiring muscle strength and flexibility for an increasing amount of time	

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Develops strength and flexibility required to participate in a broad range of physical activities and sports	
Demonstrates body awareness in static positions and in sequential movement	
Demonstrates improved balance and ability to hold balanced poses for increasing amounts of time	

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<b>Standard 3</b>	<b>Standard 4</b>
<i>Participates regularly in physical activity</i>	<i>Achieves and maintains a health-enhancing level of physical fitness</i>
Recognizes that participation in moderate to vigorous physical activity has both temporary and lasting effects on the body	Enjoys physical activity and movement for the pleasure experienced from simply moving, without necessarily associating the activity with the development of physical fitness
Utilizes skills and knowledge acquired in the performance of yoga to physical education activities, sports and leisure-time physical activity	Possesses basic knowledge of health benefits of yoga postures (increased muscle strength, flexibility balance, coordination)
Begins to recognize and use critical elements and movement concepts to sustain their own participation in activities they enjoy	Demonstrates sufficient muscular strength to participate in a variety weight bearing activities, including activities that require bearing body weight for climbing, hanging and momentary body support on the hands
Understands and explains the health benefits of regular physical activity	Engages in sequenced movements without tiring easily
	Demonstrates sufficient breath control and support to be able to participate in a variety of games that increase breathing and heart rate
	Develops sufficient confidence in strength and coordination to elect to participate in sports that require higher levels of muscular strength
	Understands benefits of strength, flexibility, balance, coordination and stability to ability to perform various activities
	May choose to practice yoga outside of school or at home in order to improve strength, flexibility, balance, coordination and stability

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<b>Standard 5</b>	<b>Standard 6</b>
<i>Exhibits responsible personal and social behavior that respects self and others in physical activity settings</i>	<i>Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction</i>
Experiences how social interaction makes activities more fun	Enjoys challenge of experiencing and learning new movements and skills
Understands and utilizes acceptable behavior while performing physical activities	Recognizes and appreciates increase in competence
Respects personal space of others	Functions as a member of a group and works cooperatively for increasing periods of time
Shows compassion for others by helping or providing positive and supportive feedback	Exhibits verbal and nonverbal indications of enjoyment
Shows compassion for disabled peers and willingness to assist them as needed	Continues to participate when not successful on the first try
Works in a diverse group setting without interfering with or disrespecting others	Identifies several activities that are enjoyable
Assists a partner by sharing observations about skill performance during practice	Expresses personal feelings on progress while learning a new skill
Able to work independently or cooperatively with a partner or group to perform postures, exercises and activities	Attributes success and improvement to effort and practice
Develops listening and communication skills to facilitate completion of a common goal while working with a partner or group	Chooses an appropriate level of challenge in an activity so as to experience success
Enjoys participating alone while exploring movement tasks	Interacts with others by helping with their physical activity challenges
Accepts all playmates without regard to personal differences (ethnicity, gender, disability, etc.)	Selects and practices a skill on which improvement is needed
Demonstrates respect and appreciation for the differences in others, including differences in perspectives	Understands and explains the benefits of physical activity

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Identifies sharing with a partner as a way to cooperate	Understands physical activity is one of several necessary components of being healthy
Demonstrates elements of socially acceptable conflict resolution during class activities	
Able to work independently and productively for short as well as progressively longer periods of time	
Takes seriously the role of demonstrating or teaching an activity or skill to classmates	
Accepts the teacher's decision regarding a personal rule infraction without displaying negative behavior toward others	
Assesses and takes responsibility for his or her own behavior problems without blaming others	
Recognizes and appreciates similar and different activity choices of peers	
During class discussion, shows respect for different views of peers	
Regularly encourages others and refrains from negative or insulting statements	
Learns and demonstrates strategies for dealing with conflict with other individuals or groups in a way that's positive and constructive	