

Recap: What do we know about Yoga?

Lesson 1/6

To perform the breathing technique needed for each Yoga pose

Success Criteria

To be able to:

- **Show signs of control when performing each Yoga pose**
- **Breathe in through their nose and out through the mouth**
- **Be introduced to sun, moon, star, warrior, mountain, and lotus poses**



Recap: To perform the breathing technique needed for each Yoga pose

Lesson 2/6

To perform poses that involve flexibility

Success Criteria

To be able to:

- Show increasing flexibility and maintain control of each pose
- Show good strength, to hold themselves in each Yoga pose
- Be introduced to cobra, cow and whale poses



Cobra



Cow



Whale

Recap: To perform poses that involve flexibility

Lesson 3/6

To perform poses that involve balancing

Success Criteria

To be able to:

- **Show good balance when performing each pose**
- **Use their stomach (Core) muscles to keep control of their bodies**
- **Be introduced to dog, tree and eagle poses**



Tree



Eagle



Dog

Recap: To perform poses that involve balancing

Lesson 4/6

To perform poses that involve movement

Success Criteria

To be able to:

- **Show strength and control whilst moving during each pose**
- **Start to complete the Yoga poses with some confidence**
- **Be introduced to frog, gorilla, elephant and crocodile poses**



Crocodile



Gorilla



Elephant



Frog

Recap: To perform poses that involve movement

Lesson 5/6

To create their own Yoga routine using the poses that have been taught

Success Criteria

To be able to:

- **Remember each Yoga pose and describe and perform them**
- **Plan a routine using the poses taught**
- **Plan a routine with up to six Yoga poses**

Recap: To create their own Yoga routine using the poses that have been taught

Lesson 6/6

To deliver a Yoga lesson to a small group

Success Criteria

To be able to:

- **Demonstrate, teach and lead a small group**
- **Give useful and supportive feedback to improve poses**
- **Show respect during poses and relaxation**