

Recap: What do we know about Yoga?

Lesson 1/6

To introduce 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 introduce the breathing technique needed for each Yoga pose

Lesson 2/6

To introduce poses that involve flexibility

Success Criteria

To be able to:

- Show good 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 introduce poses that involve flexibility

Lesson 3/6

To introduce 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 introduce poses that involve balancing

Lesson 4/6

To introduce 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 and gorilla poses**



Frog



Gorilla

Recap: To introduce poses that involve movement

Lesson 5/6

To introduce 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 elephant and crocodile poses**



Elephant



Crocodile

Recap: To introduce poses that involve movement

Lesson 6/6

To complete a full routine of Yoga poses

Success Criteria

To be able to:

- **Start challenging themselves by trying the 'Challenge' pose**
- **Lie down and focus on their breathing**
- **Confidently complete all Yoga poses**