

Lesson 1/6

To introduce Yoga poses whilst sat down

Success Criteria

To be able to:

- **Become familiar with the Yoga routine**
- **Control their bodies when performing each pose**
- **Be introduced to the snake, lion, parrot and zebra poses**



Snake



Lion



Parrot



Zebra

Lesson 2/6

To introduce Yoga poses whilst standing up tall

Success Criteria

To be able to:

- **Hold a balance when performing poses**
- **Stand up tall with good posture**
- **Be introduced to monkey and bird poses**



Monkey



Bird

Lesson 3/6

To introduce Yoga poses that involve movement

Success Criteria

To be able to:

- Show control, strength and balance when performing each pose
- Be introduced to giraffe and chimpanzee poses



Giraffe



Chimpanzee

Lesson 4/6

To introduce breathing techniques when performing each pose

Success Criteria

To be able to:

- Sit/stand up tall and focus on slowly breathing
- Breathe as they perform each Yoga pose
- Be introduced to cub and bee poses



Cub



Bee

Lesson 5/6

To remember all poses and perform under control

Success Criteria

To be able to:

- **Focus on their breathing, slowly in and out**
- **Talk about the effects of activity on their bodies**
- **Remember the poses they have learnt**

Lesson 6/6

To complete a full routine of Yoga poses

Success Criteria

To be able to:

- **Keep their tummy strong when performing each pose**
- **Lie down and focus on their breathing**
- **Confidently complete all Yoga poses**