

**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 stood up**

## **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**
- Move their bodies in different ways**
- Be introduced to giraffe and chimpanzee poses**



**Giraffe**



**Chimpanzee**

**Lesson 4/6**

# **To introduce Yoga poses that involve balancing**

## **Success Criteria**

**To be able to:**

- Hold a balance when performing poses
- Breathe as they perform each Yoga pose
- Be introduced to flamingo and leopard poses



**Flamingo**



**Leopard**

**Lesson 5/6**

# **To develop the breathing techniques when performing each pose**

## **Success Criteria**

**To be able to:**

- **Focus on their breathing, slowly in and out**
- **Remember the poses they have learnt**
- **Be introduced to cub and bee poses**



**Cub**



**Bee**

## **Lesson 6/6**

# **To complete a full routine of Yoga poses**

## **Success Criteria**

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### **To be able to:**

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