

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

To be able to:

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