

EDSTART KNOW

- I can explain how to demonstrate and lead yoga poses safely and confidently for a small group.
- I can describe how to give useful and supportive feedback to help others improve their poses and posture.
- I can understand the importance of showing respect and calmness during yoga practice and relaxation.

EDSTART GO

- I can demonstrate and lead yoga poses with control, balance, and focus.
- I can give clear, positive feedback to others to help them refine their movements.
- I can take part in yoga sessions respectfully, showing self-control, mindfulness, and awareness of others.

EDSTART SHOW

- I can lead and support a small group confidently through a short yoga sequence.
- I can model correct breathing, posture, and relaxation techniques.
- I can demonstrate calmness, respect, and empathy throughout yoga practice and group reflection.

Key Vocabulary

**balance, posture,
breathing,
mindfulness,
alignment, flexibility,
control, relaxation**

Role Models



**Adriene Mishler –
Yoga Educator and
Wellness Advocate**



**B.K.S. Lyengar -
Founder of
Iyengar Yoga and
Global Teacher**

What do we know about Yoga?

Yoga originated in ancient India more than 5,000 years ago, focusing on uniting body, mind, and spirit through movement and breath. It combines asanas (poses), pranayama (breathing), and meditation. Western yoga evolved through teachers like B.K.S. Iyengar and Pattabhi Jois, whose techniques emphasise alignment and flow. In Britain, the British Wheel of Yoga became the recognised governing body in 1993. Yoga improves flexibility, focus, and emotional balance, supporting lifelong health and stress management. It is now integrated into PE curricula to promote mindfulness and wellbeing.

In Year 5 we learnt

- to breathe in through their nose and out through the mouth whilst maintaining control of their bodies.
- to remember each Yoga pose and describe and perform them.