

## EDSTART KNOW

- I can explain how controlled breathing helps me stay balanced, calm, and focused during yoga.
- I can describe different yoga poses and explain how they help improve strength, flexibility, and posture.
- I can understand how yoga supports both my physical health and emotional wellbeing.

## EDSTART GO

- I can breathe deeply in through my nose and out through my mouth while maintaining control of my body.
- I can remember and perform a sequence of yoga poses with balance, coordination, and focus.
- I can move smoothly between poses, showing awareness of my breathing and alignment.

## EDSTART SHOW

- I can demonstrate confidence, control, and focus throughout my yoga routine.
- I can describe and model yoga poses accurately for others.
- I can reflect on how yoga helps me feel calmer, stronger, and more focused both in and out of lessons.

## Key Vocabulary

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

## Role Models



**Pattabhi Jois –  
Creator of Ashtanga  
Yoga,**



**T.K.V. Desikachar -  
Son of yoga pioneer  
Krishnamacharya**

## What do we know about Yoga?

Yoga is a traditional practice that started in ancient India to unite the mind, body, and breath. It includes movements, breathing, and relaxation to improve both physical and emotional health. Regular yoga can strengthen muscles, improve balance, and help manage stress. It also teaches mindfulness — the ability to stay calm and focused in the moment. Today, yoga is taught in schools, sports clubs, and even used by professional athletes to enhance performance and wellbeing.

## In Year 4 we learnt

- **to show good balance in all poses.**
- **to perform the Yoga poses with confidence**