

EDSTART KNOW

- I can explain how balance, control, and breathing help me perform yoga poses safely.
- I can describe how yoga helps my body become stronger, calmer, and more flexible.
- I can understand the importance of focus and relaxation during yoga practice.

EDSTART GO

- I can show good balance and control in all yoga poses.
- I can perform yoga poses confidently, following instructions carefully.
- I can move smoothly between poses, showing awareness of my body and breathing.

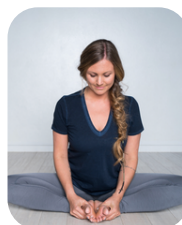
EDSTART SHOW

- I can demonstrate confidence and focus when performing yoga poses on my own or with others.
- I can reflect on how yoga makes me feel relaxed and improves my concentration.
- I can show respect and calmness during every part of my yoga session.

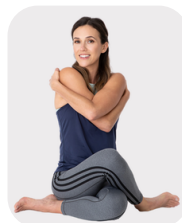
Key Vocabulary

**balance, posture,
breathing, relaxation,
focus, mindfulness,
stretch, flow**

Role Models



**Rachel Brathen –
Yoga Teacher and
Author (“Yoga Girl”)**



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

What do we know about Yoga?

Yoga started in India over 5,000 years ago and means “to unite” — bringing together the body, breath, and mind. It combines poses (asanas), breathing exercises (pranayama), and calm thinking (mindfulness). Yoga helps improve strength, balance, and focus, while also teaching relaxation and patience. Many schools now use yoga as part of wellbeing activities to help children manage stress and develop confidence.

In Year 3 we learnt

- to perform the Yoga poses.
- to perform the Yoga poses showing signs of flexibility and control