

## EDSTART KNOW

- I can explain that yoga helps me improve flexibility, strength, control, and balance.
- I can name some yoga poses and show how to perform them safely.
- I can describe how yoga can help me feel calm and focused.

## EDSTART GO

- I can copy and hold yoga poses with good control and balance.
- I can move smoothly between poses, showing flexibility and strength.
- I can use slow, steady breathing while performing yoga movements.

## EDSTART SHOW

- I can perform a short yoga routine with control and focus.
- I can stay balanced and calm while holding each pose.
- I can talk about how yoga makes my body feel stronger and my mind feel relaxed.

## Key Vocabulary

**balance, posture,  
breathing, focus, calm,  
stretch, relax, control**

## Role Models



**Shona Vertue –  
Fitness and Yoga  
Teacher**



**Patrick Beach –  
International Yoga  
Instructor**

## What do we know about Yoga?

Yoga began in India thousands of years ago and teaches people to link movement, breath, and focus. The poses, called asanas, help build strength and balance. Breathing slowly helps calm the mind and body. Yoga supports good posture, flexibility, and confidence while helping everyone learn how to relax and feel positive.

## In Year 2 we learnt

- **to talk about the effects of activity on their bodies.**
- **to keep their tummy strong when performing the Yoga poses.**
- **to remember and perform the majority of the Yoga.**