

EDSTART KNOW

- I can name some simple yoga poses and shapes.
- I can say that breathing slowly helps me feel calm and focused.
- I can talk about how yoga helps my body feel strong and stretched.

EDSTART GO

- I can copy simple yoga poses using balance and control.
- I can stretch and hold my body still in different shapes.
- I can use breathing and calm movements during yoga.

EDSTART SHOW

- I can show control and focus when holding yoga poses.
- I can join poses together to make a short routine.
- I can explain how yoga helps me to feel relaxed and focused.

Key Vocabulary

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

What do we know about Yoga?

- Yoga is a way to exercise our bodies, our breath, and our minds all at the same time
- Yoga is a very ancient science that helps us to develop flexibility and strength in our bodies, and happiness and peace in our mind



Snake



Lion



Zebra



Leopard



Monkey



Bird



Giraffe



Flamingo



Chimpanzee



Cub



Bee



Parrot