

Year 1 - Yoga Knowledge Organiser

MOVING
EDSTART

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