

Year 2 - Yoga

Knowledge Organiser

EDSTART KNOW

- I can name some yoga poses and explain how they help my body.
- I can talk about how yoga helps me feel calm, strong, and focused.
- I can describe how my body changes and feels after doing yoga.

EDSTART GO

- I can perform different yoga poses with control and balance.
- I can keep my tummy strong and my body still while holding each pose.
- I can remember and perform a short yoga routine.

EDSTART SHOW

- I can show calmness and focus during yoga.
- I can move smoothly from one pose to another with control.
- I can explain how yoga helps my body and mind feel relaxed and strong.

Key Vocabulary

balance, pose, stretch, strong, calm, 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