

Year 2 - Yoga Knowledge Organiser

MOVING
EDSTART

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