

Recap: What do we know about Yoga?

Lesson 1/6

To perform the breathing technique needed for each Yoga pose

EDSTART KNOW

- I can explain why breathing is important in Yoga.
- I can describe how to breathe in through my nose and out through my mouth.
- I can understand the names of key Yoga poses.

EDSTART GO

- I can perform the Sun, Moon, Star, Warrior, Mountain, and Lotus poses.
- I can hold each pose with balance and control.
- I can use breathing techniques alongside my movements.

EDSTART SHOW

- I can respect the space of others when moving.
- I can encourage my partner when holding poses.
- I can stay calm and focused during relaxation.



Recap: To perform the breathing technique needed for each Yoga pose

Lesson 2/6

To perform poses that involve flexibility

EDSTART KNOW

- I can explain how Yoga can improve flexibility.
- I can describe the difference between back bends and stretches.
- I can understand how to use strength to hold poses.

EDSTART GO

- I can perform Cobra, Cow, and Whale poses with control.
- I can use strength to support my flexibility.
- I can link flexibility poses with breathing.

EDSTART SHOW

- I can encourage my peers when they attempt challenging poses.
- I can respect others when moving between poses.
- I can support classmates by reminding them of breathing techniques.



Cobra



Cow



Whale

Recap: To perform poses that involve flexibility

Lesson 3/6

To perform poses that involve balancing

EDSTART KNOW

- I can explain how balance helps in Yoga.
- I can describe how to use my core muscles for stability.
- I can understand how to focus my eyes (spotting) to keep balance.

EDSTART GO

- I can hold Dog, Tree, and Eagle poses with control.
- I can balance on one leg without wobbling.
- I can use breathing to help stay balanced.

EDSTART SHOW

- I can respect others by giving them space to balance.
- I can encourage my partner when they practise difficult poses.
- I can stay calm if I lose balance and try again.



Tree



Eagle



Dog

Recap: To perform poses that involve balancing

Lesson 4/6

To perform poses that involve movement

EDSTART KNOW

- I can explain why movement is included in Yoga.
- I can describe how animal-inspired poses help develop strength.
- I can understand how to transition safely between poses.

EDSTART GO

- I can perform Frog, Gorilla, Crocodile, and Elephant poses.
- I can move with strength and control in each pose.
- I can flow between still and moving poses.

EDSTART SHOW

- I can share the space respectfully when moving.
- I can encourage others by copying their good technique.
- I can play fairly during moving Yoga activities.
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Crocodile



Gorilla



Elephant



Frog

Recap: To perform poses that involve movement

Lesson 5/6

To create their own Yoga routine using the poses that have been taught

EDSTART KNOW

- I can explain how to put Yoga poses together in a sequence.
- I can describe the importance of remembering breathing during routines.
- I can understand how to plan and order poses.

EDSTART GO

- I can plan a 6-pose Yoga routine.
- I can practise and refine my routine with a partner.
- I can perform a sequence with confidence.

EDSTART SHOW

- I can work with my partner to design a routine.
- I can encourage others when practising routines.
- I can respect my peers by giving positive feedback.

Recap: To create their own Yoga routine using the poses that have been taught

Lesson 6/6

To deliver a Yoga lesson to a small group

EDSTART KNOW

- I can explain how to score in volleyball.
- I can describe how to restart and rotate after winning a point.
- I can understand how to apply rules in tournament matches.

EDSTART GO

- I can serve, rally, and rotate in tournament games.
- I can apply attacking and defending skills under pressure.
- I can score points fairly in competition.

EDSTART SHOW

- I can respect referees, scorers, and opponents.
- I can encourage my team throughout tournaments.
- I can show fairness whether I win or lose.