

**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 how to breathe in through my nose and out through my mouth.
- I can describe the Sun, Moon, Star, Warrior, Mountain, and Lotus poses.
- I can understand why breathing helps me stay calm and balanced.

**EDSTART GO**

- I can perform each yoga pose with control.
- I can breathe correctly while holding a pose.
- I can link poses together during the lesson.

**EDSTART SHOW**

- I can respect the quiet and calm of yoga practice.
- I can encourage my classmates when trying new poses.
- I can show relaxation and focus in the Rest pose.



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

**Lesson 2/6**

# **To perform poses that involve flexibility**

<b>EDSTART KNOW</b>	<b>EDSTART GO</b>	<b>EDSTART SHOW</b>
<ul style="list-style-type: none"><li>• I can explain what flexibility means in yoga.</li><li>• I can describe how to perform <b>Cobra</b>, <b>Cow</b>, and <b>Whale</b> poses.</li><li>• I can understand how strength supports flexibility.</li></ul>	<ul style="list-style-type: none"><li>• I can show good flexibility in yoga poses.</li><li>• I can hold poses with strength and control.</li><li>• I can combine breathing with movement.</li></ul>	<ul style="list-style-type: none"><li>• I can respect the effort of others during stretching.</li><li>• I can encourage classmates to try their best.</li><li>• I can share feedback kindly when practising poses.</li></ul>



**Cobra**

**Cow**

**Whale**

**Recap: To perform poses that involve flexibility**

**Lesson 3/6**

# **To perform poses that involve balancing**

**EDSTART KNOW**

- I can explain why balance is important in yoga.
- I can describe how to use my core to stay steady.
- I can understand the Dog, Tree, and Eagle poses.

**EDSTART GO**

- I can balance on one leg or in a strong position.
- I can hold yoga poses while staying calm.
- I can use my stomach muscles to stay steady.

**EDSTART SHOW**

- I can respect others' efforts even if they wobble.
- I can encourage my classmates when balancing.
- I can show resilience by trying again if I fall.



**Tree**



**Eagle**



**Dog**

**Recap: To perform poses that involve balancing**

**Lesson 4/6**

# **To perform poses that involve movement**

## **EDSTART KNOW**

- I can explain how to move safely between different yoga poses.
- I can describe why strength and control are important when moving.
- I can understand how breathing supports movement.

## **EDSTART GO**

- I can perform animal-inspired poses with control (Frog, Gorilla, Crocodile, Elephant).
- I can move smoothly between stillness and action.
- I can show strength and balance in dynamic yoga movements.

## **EDSTART SHOW**

- I can respect my space and others when moving.
- I can encourage my partner when they try new poses.
- I can celebrate the effort of my group, not just how the pose looks.



**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 link poses together to form a routine.**
- I can describe how breathing can connect my movements.**
- I can understand how to choose poses that flow smoothly.**

**EDSTART GO**

- I can plan a short yoga sequence with a partner.**
- I can perform a routine that includes at least 4 poses.**
- I can practise my routine with control and focus.**

**EDSTART SHOW**

- I can respect my partner's ideas when planning.**
- I can encourage my group when performing together.**
- I can share my routine confidently with others.**

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

**Lesson 6/6**

# **To deliver a Yoga lesson to a partner**

**EDSTART KNOW**

- I can explain how to demonstrate a yoga pose clearly.
- I can describe how to give supportive feedback to a partner.
- I can understand how to show respect during relaxation.

**EDSTART GO**

- I can lead my partner through a yoga routine.
- I can perform poses while also teaching them.
- I can share feedback that helps others improve.

**EDSTART SHOW**

- I can respect my partner when they are teaching me.
- I can encourage my group when they share their routine.
- I can celebrate everyone's effort during the final session.