

Recap: What do we know about Yoga?

Lesson 1/6

To develop the breathing technique needed for each Yoga pose

EDSTART KNOW

- I can explain why breathing helps in yoga.
- I can describe how to get into basic yoga poses.
- I can understand how to stay still and focused in a pose.

EDSTART GO

- I can breathe in through my nose and out through my mouth in poses.
- I can copy and hold the Sun, Moon, Star, Warrior, Mountain, and Lotus poses.
- I can control my body when moving in and out of poses.

EDSTART SHOW

- I can respect others by keeping calm in my space.
- I can encourage my partner when they try poses.
- I can celebrate effort, not just perfect positions.



Moon



Star



Mountain



Warrior



Lotus

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

Lesson 2/6

To develop poses that involve flexibility

EDSTART KNOW

- I can explain which parts of my body stretch in each pose.
- I can describe how to stay strong when stretching.
- I can understand how breathing helps me hold poses.

EDSTART GO

- I can perform Cobra, Cow, and Whale poses.
- I can hold each pose with strength and control.
- I can repeat poses with confidence and better technique.

EDSTART SHOW

- I can respect my group when taking turns to show poses.
- I can encourage others to stretch safely.
- I can share what I found easiest and most challenging.



Cobra

Cow

Whale

Recap: To develop poses that involve flexibility

Lesson 3/6

To develop poses that involve balancing

EDSTART KNOW

- I can explain how to keep balance using my arms and legs.
- I can describe why core muscles help balance.
- I can understand how to use focus points to stay still.

EDSTART GO

- I can perform Dog, Tree, and Eagle poses with control.
- I can balance on one leg without wobbling.
- I can move smoothly into and out of balancing poses.

EDSTART SHOW

- I can respect others by waiting calmly for my turn.
- I can encourage classmates to stay strong in balances.
- I can show fairness in group challenges.



Tree



Eagle



Dog

Recap: To develop poses that involve balancing

Lesson 4/6

To develop poses that involve movement

EDSTART KNOW

- I can explain how to move safely between poses.
- I can describe how strength helps when jumping.
- I can understand how to control my breathing during movement.

EDSTART GO

- I can perform Frog and Gorilla poses with control.
- I can add movement into yoga sequences.
- I can show strength when moving in and out of poses.

EDSTART SHOW

- I can respect others by keeping to my mat space.
- I can encourage my group during moving challenges.
- I can celebrate effort and teamwork in routines.



Frog



Gorilla

Recap: To develop poses that involve movement

Lesson 5/6

To develop poses that involve movement

EDSTART KNOW

- I can explain how to keep control when moving arms or legs.
- I can describe which muscles I use in Elephant and Crocodile poses.
- I can understand how repetition helps me improve.

EDSTART GO

- I can perform Elephant and Crocodile poses.
- I can keep my body strong when moving during poses.
- I can repeat poses smoothly with better control.

EDSTART SHOW

- I can respect others by keeping calm and safe.
- I can encourage my partner to practise poses with me.
- I can celebrate my group's effort.



Elephant



Crocodile

Recap: To develop poses that involve movement

Lesson 6/6

To complete a full routine of Yoga poses

EDSTART KNOW

- I can explain how to put all poses together into a routine.
- I can describe how to focus on my breathing while performing.
- I can understand how to attempt new challenges in yoga.

EDSTART GO

- I can perform a routine of all the poses learned.
- I can try the challenge pose with confidence.
- I can lie still and focus on relaxation at the end.

EDSTART SHOW

- I can respect my group by staying calm during the routine.
- I can encourage my team in final performances.
- I can celebrate effort in all routines.