

**Recap: What do we know about Yoga?**

**Lesson 1/6**

# To introduce 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 names of different yoga poses.
- I can understand how breathing helps me relax.

## EDSTART GO

- I can copy yoga poses with control.
- I can show breathing alongside the movements.
- I can hold each pose for a few seconds.

## EDSTART SHOW

- I can respect others' space on mats.
- I can encourage my partner to try new poses.
- I can celebrate effort when we practise together.



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

**Lesson 2/6**

# To introduce poses that involve flexibility

## EDSTART KNOW

- I can explain what flexibility means.
- I can describe how my body stretches in each pose.
- I can understand how strength helps me hold poses.

## EDSTART GO

- I can stretch into Cobra, Cow, and Whale poses.
- I can balance my strength and flexibility.
- I can hold poses with good posture.

## EDSTART SHOW

- I can respect others while moving into stretches.
- I can encourage my partner during poses.
- I can celebrate improvements in flexibility.



**Cobra**



**Cow**



**Whale**

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

**Lesson 3/6**

# To introduce poses that involve balancing

## EDSTART KNOW

- I can explain what balance means.
- I can describe how core muscles help me stay still.
- I can understand why I need to focus my eyes on one spot.

## EDSTART GO

- I can balance in Dog, Tree, and Eagle poses.
- I can use my stomach muscles to stay strong.
- I can show balance on one foot or both.

## EDSTART SHOW

- I can respect others' space when balancing.
- I can encourage classmates to keep trying.
- I can celebrate balance improvements fairly.



**Tree**



**Eagle**



**Dog**

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

**Lesson 4/6**

# To introduce poses that involve movement

## EDSTART KNOW

- I can explain how movement makes yoga different to still poses.
- I can describe how to jump and land safely.
- I can understand how to use strength in moving poses.

## EDSTART GO

- I can copy Frog and Gorilla poses.
- I can move with control while breathing correctly.
- I can join poses together into a short sequence.

## EDSTART SHOW

- I can respect classmates when moving around.
- I can encourage my group during moving poses.
- I can celebrate effort in active yoga.



**Frog**



**Gorilla**

**Recap: To introduce poses that involve movement**

**Lesson 5/6**

# To introduce poses that involve movement

## EDSTART KNOW

- I can explain how different animals inspire yoga moves.
- I can describe how my arms and legs move in each pose.
- I can understand how breathing helps me stay calm while moving.

## EDSTART GO

- I can copy Elephant and Crocodile poses with control.
- I can move while keeping my balance.
- I can join movements into a mini routine.

## EDSTART SHOW

- I can respect my partner during moving poses.
- I can encourage classmates to keep trying.
- I can celebrate small successes in balance and strength.



**Elephant**



**Crocodile**

**Recap: To introduce poses that involve movement**

**Lesson 6/6**

# To complete a full routine of Yoga poses

## **EDSTART KNOW**

- I can explain the names of yoga poses I've learned.
- I can describe how breathing helps me in yoga.
- I can understand how yoga keeps me calm.

## **EDSTART GO**

- I can perform a sequence of yoga poses confidently.
- I can show breathing throughout the routine.
- I can challenge myself to try a new pose.

## **EDSTART SHOW**

- I can respect others when working in routines.
- I can encourage my partner to stay calm.
- I can celebrate teamwork in yoga sequences.