

Lesson 1/6

To introduce Yoga poses whilst sat down

EDSTART KNOW

- I can explain how to copy animal-inspired yoga poses.
- I can describe why breathing helps me stay calm.
- I can understand how to move between still and active poses.

EDSTART GO

- I can perform the snake, lion, parrot and zebra poses.
- I can move slowly and hold my body with control.
- I can breathe in through my nose and out through my mouth.

EDSTART SHOW

- I can respect the space of others.
- I can encourage my partner when trying poses.
- I can celebrate everyone's effort in yoga.



Snake



Lion



Parrot



Zebra

Lesson 2/6

To introduce Yoga poses whilst stood up

EDSTART KNOW

- I can explain how to balance while standing tall.
- I can describe why posture is important.
- I can understand how different poses use different muscles.

EDSTART GO

- I can perform monkey and bird poses with balance.
- I can copy new yoga poses with control.
- I can stand tall with good posture.

EDSTART SHOW

- I can respect others' space when moving.
- I can encourage classmates when they balance.
- I can celebrate everyone's effort.



Monkey



Bird

Lesson 3/6

To introduce Yoga poses that involve movement

EDSTART KNOW

- I can explain how to stretch tall like a giraffe.
- I can describe how to move like a chimpanzee.
- I can understand how yoga can include movement.

EDSTART GO

- I can perform giraffe and chimpanzee poses.
- I can use strength and control in movement.
- I can show balance when copying animal poses.

EDSTART SHOW

- I can respect others when moving around.
- I can encourage my group when performing.
- I can celebrate improvements in balance and control.



Giraffe



Chimpanzee

Lesson 4/6

To introduce Yoga poses that involve balancing

EDSTART KNOW

- I can explain how to balance on one leg.
- I can describe how to keep my tummy strong.
- I can understand how breathing helps with balance.

EDSTART GO

- I can perform flamingo and leopard poses.
- I can balance on one leg with control.
- I can hold poses while focusing on breathing.

EDSTART SHOW

- I can respect others' balance space.
- I can encourage friends to keep trying.
- I can celebrate small successes.



Flamingo



Leopard

Lesson 5/6

To develop the breathing techniques when performing each pose

EDSTART KNOW

- I can explain how to copy cub and bee poses.
- I can describe how to breathe calmly in yoga.
- I can understand why tummy strength helps my poses.

EDSTART GO

- I can perform cub and bee poses.
- I can link animal poses together into a routine.
- I can stay calm and still while breathing.

EDSTART SHOW

- I can respect my partner's ideas when performing.
- I can encourage my group when trying poses.
- I can celebrate everyone's effort.



Cub



Bee

Lesson 6/6

To complete a full routine of Yoga poses

EDSTART KNOW

- I can explain the names of different jungle yoga poses.
- I can describe how to keep breathing throughout a routine.
- I can understand how to stay calm and focused.

EDSTART GO

- I can perform a full sequence of jungle yoga poses.
- I can move smoothly from one pose to the next.
- I can use breathing to help me stay balanced.

EDSTART SHOW

- I can respect others by waiting for my turn.
- I can encourage classmates in the final routine.
- I can celebrate everyone's progress.