

**Lesson 1/6**

# To introduce Yoga poses whilst sat down

## EDSTART KNOW

- I can explain how to copy animal yoga poses.
- I can describe how breathing helps me feel calm.
- I can understand how to hold a pose safely.

## EDSTART GO

- I can perform the snake, lion, parrot, and zebra poses.
- I can move slowly and carefully between poses.
- I can use breathing to help me stay in position.

## EDSTART SHOW

- I can respect my space and others' space.
- I can encourage my partner when they try poses.
- I can celebrate everyone's effort.



**Snake**



**Lion**



**Parrot**



**Zebra**

**Lesson 2/6**

# To introduce Yoga poses whilst stood up

## EDSTART KNOW

- I can explain how to stand tall with good posture.
- I can describe how different poses stretch different parts of the body.
- I can understand how to use balance when standing.

## EDSTART GO

- I can perform monkey and bird poses.
- I can stand tall with balance and control.
- I can practise moving from one pose to another.

## EDSTART SHOW

- I can respect classmates while they practise.
- I can encourage others when balancing.
- I can celebrate effort, not just how the pose looks.



**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 stretch high and bend low in giraffe poses.
- I can squat, jump, and pump fists in chimpanzee poses.
- I can show strength and balance when moving.

## EDSTART SHOW

- I can respect others by moving safely.
- I can encourage my group when performing.
- I can celebrate progress in balance and strength.



**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 strong in my tummy.
- I can understand how breathing helps with balance.

## EDSTART GO

- I can balance on one leg like a flamingo.
- I can push up into leopard pose with strength.
- I can hold poses while breathing calmly.

## EDSTART SHOW

- I can respect others' balance space.
- I can encourage my partner 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 slowly in yoga.
- I can understand why tummy strength helps me stay still.

## **EDSTART GO**

- I can roll like a cub on the floor.
- I can sit tall and practise buzzing breath like a bee.
- I can link new poses to others I have learned.

## **EDSTART SHOW**

- I can respect my group when sharing poses.
- I can encourage others in routines.
- I can celebrate effort and calmness.



**Cub**



**Bee**

**Lesson 6/6**

# To complete a full routine of Yoga poses

## **EDSTART KNOW**

- I can explain the names of jungle yoga poses.
- I can describe how to breathe through a routine.
- I can understand how to stay calm and focused.

## **EDSTART GO**

- I can perform a routine of different animal yoga poses.
- I can move smoothly from one pose to the next.
- I can show control and calm breathing in my routine.

## **EDSTART SHOW**

- I can respect others during performances.
- I can encourage my group when we share.
- I can celebrate everyone's effort and learning.