

Lesson 1/6

To introduce Yoga poses whilst sat down

EDSTART KNOW

- I can say the names of the animal poses.
- I can tell how my body feels in each pose.
- I can listen and copy the card.

EDSTART GO

- I can sit or lie to make a snake, lion, parrot, and zebra pose.
- I can hold each pose for a few seconds.
- I can breathe slowly in and out.

EDSTART SHOW

- I can stay calm on my mat.
- I can wait my turn to flip the card.
- I can clap for my friends.



Snake



Lion



Parrot



Zebra

Lesson 2/6

To introduce Yoga poses whilst standing up tall

EDSTART KNOW

- I can say what balance means.
- I can tell why I stand up tall.
- I can name the monkey and bird poses.

EDSTART GO

- I can stand tall and stretch like a monkey.
- I can flap my elbows like a bird.
- I can stay still when I balance.

EDSTART SHOW

- I can stand in my own space.
- I can smile when my friends copy me.
- I can cheer for others trying.



Monkey



Bird

Lesson 3/6

To introduce Yoga poses that involve movement

EDSTART KNOW

- I can say the names giraffe and chimpanzee.
- I can tell how to stretch tall.
- I can explain what it means to jump and squat.

EDSTART GO

- I can reach high like a giraffe and bend low like drinking.
- I can jump and squat like a chimp.
- I can move in and out of poses.

EDSTART SHOW

- I can follow the song with my group.
- I can smile and clap for others.
- I can join in every time.



Giraffe



Chimpanzee

Lesson 4/6

To introduce breathing techniques when performing each pose

EDSTART KNOW

- I can say why breathing helps me feel calm.
- I can tell how to sit tall and breathe in and out.
- I can remember cub and bee poses.

EDSTART GO

- I can roll side to side like a cub.
- I can buzz like a bee while breathing out.
- I can sit still and focus.

EDSTART SHOW

- I can stay calm on my mat.
- I can be quiet when others are breathing.
- I can say "well done" after we finish.



Cub



Bee

Lesson 5/6

To remember all poses and perform under control

EDSTART KNOW

- I can say the names of many animal poses.
- I can tell how my body feels in each one.
- I can explain that yoga makes me calm.

EDSTART GO

- I can copy snake, lion, parrot, zebra, monkey, bird, giraffe, chimp, cub, and bee.
- I can move from one pose to the next.
- I can use breathing with each pose.

EDSTART SHOW

- I can cheer when my friends show poses.
- I can be calm and safe.
- I can try my best in every pose.

Lesson 6/6

To complete a full routine of Yoga poses

EDSTART KNOW

- I can say we are doing a yoga routine.
- I can tell how to stay strong in my tummy.
- I can remember to breathe in and out.

EDSTART GO

- I can do all the yoga poses one after the other.
- I can hold my tummy strong in each pose.
- I can lie down and relax at the end.

EDSTART SHOW

- I can cheer for my group.
- I can finish calmly on my mat.
- I can celebrate doing yoga together.