

Lesson Objective To introduce the breathing technique needed for each Yoga pose.

Lesson 1/6

Equipment Needed Yoga Mats (if available), speaker,

Success Criteria Children can:

- show signs of control when performing each Yoga pose.
- breathe in through their nose and out through the mouth.
- be introduced to Sun, Moon, Star, Warrior, Mountain, and Lotus poses.

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.

Key Question

"How does slow, steady breathing help us stay balanced and calm during yoga?" Slow, steady breathing helps our body relax, keeps our mind focused, and makes it easier to balance and hold each yoga pose.

Warm Up

SUNRISE STRETCH: Begin with each child standing on a yoga mat or in their own personal space. Invite pupils to close their eyes gently, stand tall, and take slow breaths, in through the nose, out through the mouth. Explain that they are waking their bodies just like the sun rising slowly into the sky. Guide them into light stretches: reach arms up high as if greeting the sun, lower softly to touch toes, lift arms back up with control, roll shoulders slowly forwards and backwards, and gently circle the head keeping movements smooth and comfortable. Encourage children to move quietly, calmly, and with purpose, focusing only on how their body feels as it warms. **PROGRESSION:** Add gentle side bends or slow "sun reach" movements that link breathing to arm motions, encouraging rhythm and flow.

Main Activity

BREATHING TRAILS: Pupils sit cross-legged on their mats, placing one hand on their tummy and the other on their chest. Guide them through five slow breaths, feeling the hand rise and fall together. Introduce the "tracing breath": pupils draw an imaginary line up their arm as they inhale, and down their arm as they exhale. This builds focus, calmness, and breathing awareness before beginning the yoga card sequence. **PROGRESSION:** Ask pupils to pair up and guide each other through the breathing pattern using quiet voices and kind reminders.

YOGA JOURNEY (POSE CARDS): Lay the Yoga Cards face down in the centre of the space. Explain that the class will go on a yoga journey together, discovering one pose at a time. Choose one child to flip over the first card. Hold up the pose for everyone to see and take time to discuss it: *What does the pose look like?, How might your body feel in that shape?, Where should your hands, feet, and head be?*

Introduce breathing cues: breathe in through the nose, breathe out through the mouth, keeping movements slow and controlled. Guide pupils into the pose step by step. Allow them time to practise, balance, and hold the posture before releasing it gently. Encourage children to notice how their muscles feel as they stretch or strengthen in each position. Repeat this process with each new card until all chosen poses have been explored. Each time, choose a different pupil to turn over the next card, keeping engagement high and creating a sense of calm anticipation.

The suggested poses for this lesson include: **Mountain:** tall, still, grounded posture. **Warrior:** strong stance, wide legs, focused gaze. **Star:** open body shape, arms wide. **Lotus:** seated calm, legs crossed, soft hands. **Moon:** curved side stretch

Repeat each pose several times so pupils have plenty of time to practise, refine, and enjoy the moment. Encourage pupils to move between poses smoothly, keeping their breathing steady and quiet. **PROGRESSION:** Increase hold time gradually, explore mirrored versions of poses on both sides of the body, or add simple flow links (e.g., Mountain → Star → Warrior → Moon).

Adapted Learning (Differentiation) (Challenge)

SPACE

Use enough space between mats so pupils can stretch safely, move calmly, and hold poses without touching others.

TASK

Change the difficulty of poses, length of holds, or breathing patterns to match pupils' confidence and control.

EQUIPMENT

Use yoga mats, pose cards, and calming music to support focus, balance, and comfort during the session.

PEOPLE

Work individually, with a partner, or as a whole class to practise breathing together, follow poses, and support calm learning.

Key Technical Point

Breathe slowly through your nose, keep your body still and controlled, and hold each pose with tall posture and calm focus.

Cooldown

SUNSET REST: After completing the yoga journey, invite pupils to find a comfortable space on their mat for the final resting posture. Ask them to lie on their backs with arms gently by their sides, palms facing upwards, legs relaxed, and eyes closed. Guide them to imagine the sun slowly setting, bringing the day to a calm, peaceful end. Encourage them to relax every muscle: feet soft, shoulders melted into the mat, face calm. Use gentle, soothing language to help them feel still and safe. Allow several quiet moments for full body rest and slow breathing. **PROGRESSION:** Add calming background music or simple mindfulness cues such as "Think of something that made you smile today" or "Notice one part of your body that feels relaxed and warm."

Lesson Objective

To introduce poses that involve flexibility.

Lesson 2/6

Equipment Needed

Yoga Mats (if available), speaker,

Success Criteria

Children can:

• show good flexibility and maintain control of each pose.

• how good strength, to hold themselves in each Yoga Pose.

• be introduced to Cobra, Cow and Whale poses.

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.

Key Question

How does steady breathing help us stay calm and balanced during yoga? Steady breathing helps our body relax, keeps our mind focused, and makes it easier to hold each pose with control

Warm Up

SUNRISE FLOW: Begin with each child standing or sitting comfortably on their yoga mat with plenty of personal space. Explain that the lesson begins “early in the morning,” as the sun slowly rises, helping their bodies wake up gently. Guide pupils through slow, deep breaths — in through the nose and out through the mouth, encouraging them to feel calm, focused, and ready to move with control. Invite pupils to stretch upwards toward the sky, reaching tall as though greeting the rising sun. Then guide them to fold forward, bending softly to touch the ground like the sun peeking over the horizon. Add gentle shoulder rolls, slow side stretches, and soft twists to gradually warm the whole body. Encourage pupils to move slowly and smoothly, noticing how each stretch makes their muscles feel more awake. PROGRESSION: Introduce gentle arm circles or a slow, simplified Sun Salutation to help pupils connect their breathing with fluid movements.

Main Activity

YOGA CARD JOURNEY: Lay all Yoga Cards face down in the centre of the space. Explain that today’s yoga session is a journey through different animal and nature-inspired poses that help stretch, strengthen, and relax the body. Choose one child at a time to flip over a Yoga Card. For each pose:

1. Demonstrate the Pose: Show the position clearly and slowly. Describe what the body should be doing, where the feet go, how the hands should be placed, what the back should feel like, and whether the posture is tall, strong, or relaxed.

2. Guide Breathing: Encourage pupils to maintain steady breathing: “In through the nose... out through the mouth.” Explain that breathing helps them stay balanced, calm, and focused.

3. Practise & Repeat: Give pupils time to get into the pose gently, hold it, adjust posture, and try again. Praise effort, stillness, and control rather than aiming for a “perfect” shape.

4. Add New Poses: Use the poses from the previous lesson (Mountain, Warrior, Star, Moon, Lotus) and add Cobra, Cow, and Whale to expand the sequence: **Cobra:** Press hands into the mat, lift the chest, and open the heart, **Cow:** Gentle spine lift with soft belly, building flexibility, **Whale:** Big chest expansion with arm sweep, encouraging openness.

Discuss how each movement stretches different muscles, tummy, back, arms, legs, helping the body grow stronger and more flexible.

5. Full Sequence: Once all poses have been explored and practised, guide pupils through the entire sequence from start to finish. Aim for slow, smooth transitions and focus on breathing throughout the journey.

PROGRESSION: Hold poses for longer, link poses into a continuous flow, or challenge children to name which body part each pose stretches.

Adapted Learning (Differentiation) (Challenge)

SPACE

Use wide spacing between mats so pupils can stretch safely and move freely without disturbing others.

TASK

Adjust pose difficulty, hold times, and breathing challenges depending on pupils’ confidence and control.

EQUIPMENT

Use yoga mats, pose cards, and calming music to create a relaxed environment that supports balance and comfort.

PEOPLE

Practise individually, with partners, or as a whole group to build focus, confidence, and shared calmness.

Key Technical Point

Breathe slowly through your nose, keep your body still and controlled, and hold each pose with tall posture and calm focus.

Cooldown

SUNSET REST: When the final pose is complete, invite children to lie down or sit quietly on their mats for the Rest card. Encourage them to slowly close their eyes, relax their arms and legs, and focus entirely on their breathing.

Use calm guiding phrases such as: “Breathe in the calm... breathe out the busy.” “Let your shoulders melt... let your body feel heavy and quiet.”

Allow the room to become silent for a few moments as pupils feel the “sun setting” on their yoga journey, peaceful, safe, and rested. PROGRESSION: Add quiet music or invite pupils to think of one calming word (e.g., peaceful, gentle, happy, relaxed) and picture it floating softly in their mind.

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Year 3 - Intro to Yoga

Lesson Plan

MOVING EDSTART

Lesson Objective To introduce poses that involve balancing. **Lesson 3/6**

Equipment Needed Yoga Mats (if available), speaker,

Success Criteria Children can:

- show good balance when performing each pose.
- use their stomach (core) muscles to keep control of their bodies.
- be introduced to Dog, Tree and Eagle poses.

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.

Key Question What helps you control the shuttle when serving or returning? Watching the shuttle closely, using a gentle underarm swing, and stepping towards the shot helps me serve and return with control

Warm Up

SUNRISE STRETCH: Begin with each child standing or sitting comfortably on their yoga mat. Explain that it's early morning and they're waking up with the rising sun. Guide them through slow breathing in through the nose, out through the mouth, helping their bodies and minds feel calm and ready. Add gentle stretches, reaching arms high to the sky, bending slowly to touch the ground, and rolling shoulders to "shake off sleep." Encourage children to move smoothly and quietly, listening to their breathing as they prepare for the yoga journey ahead. **PROGRESSION:** Add gentle "sunrise" arm sweeps, lifting arms up on an inhale and lowering them on an exhale to connect movement and breath.

Main Activity

YOGA CARD JOURNEY: Lay the Yoga Cards face down in the centre of the space. Explain that today the class will go on a yoga adventure, exploring poses that build balance, strength, and focus. Emphasise that yoga is not about being "perfect," but about trying your best, moving slowly, and listening to your body.

1. **Reveal the Pose:** Invite one child at a time to flip over a Yoga Card. Hold the card up for the whole class to see and talk briefly about what the pose represents. Encourage children to imagine the feeling of the pose, strong like a tree, stretched like a dog waking up, balanced like an eagle perched on a branch.

2. **Demonstrate the Pose Slowly:** Show the pose step-by-step. Explain: where the feet should be, how the arms should stretch or balance, what the back should feel like (tall, long, strong), where their eyes should focus to help with stillness. Encourage pupils to copy with slow, controlled movements, focusing on breathing throughout.

3. **Practise & Repeat:** Give children plenty of time to get into each posture, hold it, adjust, and try again. Remind them to notice how the pose feels, does it stretch their legs? make them stand tall? help them balance? Praise calmness, effort, and focus.

4. **Introduce New Poses:** Use all poses from the previous lesson, then add: **Dog Pose:** stretching the back and legs like a dog waking up in the morning. **Tree Pose:** balancing on one leg, growing tall and steady like a strong tree. **Eagle Pose:** twisting arms and legs gently, building focus and concentration. Guide children to try each pose on both sides of the body where appropriate.

5. **Combine Into a Full Sequence:** Once all poses are introduced and practised, guide pupils through the entire sequence from start to finish. Encourage: smooth transitions, soft footsteps, tall posture, quiet breathing, calm focus. Repeat the sequence again, letting pupils feel how the movements flow together like one continuous story. **PROGRESSION:** Increase hold times, challenge children to close their eyes briefly in balancing poses, or invite them to suggest a pose order for the final sequence.

Adapted Learning (Differentiation) (Challenge)

SPACE

Increase areas between courts for support or shrink serving/target zones to increase challenge and precision.

TASK

Add bounce limits, directional targets, or rally challenges to increase the level of difficulty.

EQUIPMENT

Use larger shuttles or lower nets for support, or smaller targets and higher nets for challenge.

PEOPLE

Pair confident pupils with those who need support or rotate roles within groups to build confidence for all.

Key Technical Point Keep a relaxed grip, watch the shuttle carefully, and swing smoothly with a steady follow-through.

Cooldown

SUNSET REST: To finish, ask children to find a comfortable spot on their yoga mat for the final 'REST' card. Guide them to lie down or sit quietly with eyes closed, breathing gently and evenly. Encourage them to imagine the sun setting and their bodies becoming still and relaxed. Remind them to focus only on their breathing in calm, out slow, as they rest peacefully. **PROGRESSION:** Add a mindfulness moment, ask children to think of one word that makes them feel happy or calm (e.g., "peace," "kind," "smile") as they end the session.

Year 3 - Intro to Yoga

Lesson Plan

Lesson Objective To introduce poses that involve movement.

Lesson 4/6

Equipment Needed Yoga Mats (if available), speaker,

Success Criteria Children can:

- show strength and control whilst moving during each pose.
- start to complete the Yoga poses with some confidence.
- be introduced to Frog and Gorilla Poses.

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.

Key Question How can slow breathing help you stay still and balanced in each pose? Slow breathing helps my body feel steady, keeps my mind calm, and makes it easier to hold the yoga pose without wobbling

Warm Up

SUNRISE FLOW: Begin with each child standing or sitting comfortably on their yoga mat. Explain that the class is beginning early in the morning as the sun is rising and everyone is waking their bodies gently. Guide them to take slow, deep breaths — in through the nose, out through the mouth — while stretching arms up high like the rays of the sun. Slowly bend forward to touch the floor, then rise again with the breath. Encourage calm focus and smooth, flowing movements as they prepare for their yoga adventure. **PROGRESSION:** Add gentle twists or side stretches while maintaining deep, steady breathing to warm up the whole body.

Main Activity

YOGA CARD JOURNEY: Explain to the class that they will explore a full yoga journey today, moving through poses slowly, carefully, and with calm breathing. Remind pupils that yoga is about trying their best, listening to their body, and moving with control not about being perfect.

1. Reveal the Pose: Invite one child at a time to come forward and turn over a Yoga Card. Hold the card up for everyone to see and name the pose together as a class. Ask simple guiding questions: "What animal or shape does it remind you of?" "Which part of the body might this pose stretch?" This builds engagement and imagination before moving into the pose.

2. Demonstrate the Pose Slowly: Show the pose step-by-step while describing each movement: Where the feet should be, How the arms stretch or balance, What the back should feel like (long, tall, strong), Where their eyes should look to help them stay steady, When to breathe in and when to breathe out. Encourage children to copy with smooth, controlled movements and to avoid rushing.

3. Practise, Hold & Repeat: Give pupils time to get into the pose, adjust, balance, and hold for 3-5 slow breaths. Remind them about: Soft breathing – steady, quiet, and calm. Still eyes – focus on one spot. Strong bodies – standing tall or stretching long. Relaxed minds – staying calm even if the pose wobbles Praise effort, control, and positive focus. Repeat the pose once more so the class can build confidence and feel improvement.

4. Introduce the New Poses – Frog & Gorilla: Add Frog Pose and Gorilla Pose, explaining:

Frog Pose - Start in a squatting position, hands in front, Jump up and land. Repeat.

Gorilla Pose - Jump up and land in a squat, Lower one fist to the floor and the repeat with other., Repeat.

Let children practise each one twice, noticing how their muscles feel in the stretch.

5. Build the Full Sequence: Once every pose has been revealed and practised, guide pupils through the entire sequence from start to finish: Encourage class-wide focus on breathing, flow, and calm transitions. Children should move slowly and silently, showing control throughout. **PROGRESSION:** Hold balancing poses (Tree, Eagle) for longer Try smooth transitions from Frog to Gorilla

Adapted Learning (Differentiation) (Challenge)

SPACE

Give children larger mats or more room around them so they can stretch safely without bumping others.

TASK

Simplify poses by holding them for fewer breaths, or challenge learners with longer holds or smoother transitions.

EQUIPMENT

Use yoga mats, soft spots, or picture cards so pupils know exactly where to stand and how to copy each pose.

PEOPLE

Let pupils work individually for calm focus, then pair up for gentle mirrored poses or shared breathing rhythms.

Key Technical Point "Move slowly into each pose, keep eyes focused on one still spot, and breathe in through the nose and out through the mouth to stay balanced."

Cooldown

SUNSET REST: Guide the children to find their own peaceful space or yoga mat for the final 'REST' card. Ask them to lie down, arms relaxed by their sides, and close their eyes. Encourage slow, even breathing, in through the nose and out through the mouth, while imagining the sun setting and their bodies becoming calm and still. **PROGRESSION:** Add quiet, calming music or invite children to think of one thing they are thankful for as they finish the session feeling relaxed and happy.

Year 3 - Intro to Yoga

Lesson Plan

MOVING EDSTART

Lesson Objective To introduce poses that involve movement.

Lesson 5/6

Equipment Needed Yoga Mats (if available), speaker,

Success Criteria Children can:

- show strength and control whilst moving during each pose.
- start to complete the Yoga poses with some confidence.
- be introduced to Elephant and Crocodile poses.

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.

Key Question How does calm breathing help you hold each pose more steadily? Calm breathing slows my body down, helps me balance, and keeps my muscles relaxed so I can hold each pose for longer.

Warm Up

SUNRISE STRETCH: Begin with each child standing tall on their yoga mat, finding their own calm space. Explain that the lesson starts early in the morning as the sun is rising, and they are waking their bodies ready for the day. Guide the children to take deep, slow breaths, in through the nose and out through the mouth while reaching their arms up to the sky to "greet the sun." Slowly lower arms, bend gently to touch the floor, and roll shoulders back. Encourage smooth, flowing movements and focus on breathing to prepare for the yoga journey. **PROGRESSION:** Add gentle side bends or "sun sweep" arm movements, lifting with an inhale and lowering with an exhale.

Main Activity

Turning the Cards & Demonstrating Each Pose: Choose one child to turn over the first Yoga Card and present it to the group. Demonstrate the pose slowly and clearly, highlighting where hands and feet should go and how the body should feel in the shape. Encourage pupils to copy the pose carefully, reminding them to move gently and listen to their breathing. Hold the pose for a few calm breaths before returning to the starting position. Repeat the process for each new card, allowing plenty of practice so pupils gain confidence and control with every pose.

Breathing Focus: Throughout the activity, reinforce steady breathing in through the nose and out through the mouth. Remind pupils that slow breathing helps their body stay balanced and their mind stay calm. Encourage them to match their breath to their movements: lift or stretch on a long inhale, settle into the pose on a slow exhale.

Body Awareness & What Each Pose Helps: After demonstrating each pose, briefly explain what it helps the body to do. Pupils begin linking the shape to its purpose, helping them understand why yoga feels good.: **Elephant Pose:** Hands together leaning forward (like a trunk) Swing arms 4 times. **Crocodile Pose:** Lie down on back, lift leg up and bring back down. Repeat for other leg. Encourage pupils to notice how each pose feels, strong, stretched, light, calm or steady.

Practise & Repeat Each Pose: After each pose is introduced, guide pupils to hold it for several deep breaths, then repeat it two or three more times. Allow them to explore small corrections such as straightening their back, relaxing shoulders, or pointing toes. Provide gentle cues like, "Stand tall," "Soft shoulders," or "Stretch long like the animal you're copying."

Building the Full Sequence: Once all poses from previous lessons have been revisited and new poses such as Elephant and Crocodile have been added — guide pupils through the entire sequence smoothly. Help them flow from one pose to the next without rushing, focusing on balance, posture, and steady breathing. Remind them that yoga is quiet, peaceful, and controlled, and that the goal is to move carefully like a calm yoga storyteller.

Adapted Learning (Differentiation) (Challenge)

SPACE

Use individual mats spread safely so everyone can stretch without touching others.

TASK

Hold each yoga pose with calm breathing and move smoothly between shapes.

EQUIPMENT

Use yoga cards and mats to guide safe, comfortable poses.

PEOPLE

Work as a whole class but focus on your own breathing, balance, and control.

Key Technical Point Move into each pose slowly, keep your body aligned, and match each stretch to a deep, steady breath.

Cooldown

SUNSET REST: At the end of the session, ask the children to find a comfortable position on their yoga mat for the final 'REST' card. Guide them to lie flat or sit quietly with their eyes closed, focusing on their breathing, slow, steady, and peaceful. Encourage them to imagine the sun setting and their bodies feeling calm and relaxed. This time allows them to unwind and finish the lesson in a peaceful state. **PROGRESSION:** Add quiet background music or a short mindfulness prompt, for example, "Think of something that made you smile today."

Lesson Objective	To complete a full routine of Yoga poses.	Lesson 6/6
Equipment Needed	Yoga Mats (if available), speaker	
Success Criteria	Children can: <ul style="list-style-type: none">challenge themselves by trying the 'Challenge' pose.lie down and focus on their breathing.confidently complete all Yoga poses.	

EDSTART KNOW	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">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.	<ul style="list-style-type: none">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.	<ul style="list-style-type: none">I can respect others when working in routines.I can encourage my partner to stay calm.I can celebrate teamwork in yoga sequences.

Key Question	What went well? How did you show rhythm and posture? Good posture was shown by standing tall, keeping arms by the sides, and pointing toes. Rhythm was shown by staying in time with the beat and with the group. Confidence, smiles, and straight lines made the final performance stronger.
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Warm Up	SUNRISE FLOW: Begin with each child standing or sitting comfortably on their yoga mat in their own space. Explain that the class is starting early in the morning as the sun begins to rise. Guide the children to take deep, calm breaths breathing in slowly through the nose and out gently through the mouth. As they breathe, add gentle movements such as stretching their arms high above their heads to "reach for the sun," bending down to touch the floor, and rolling their shoulders to wake up their bodies. Encourage them to move softly and focus on the feeling of calm breathing as they prepare for the session. PROGRESSION: Add a slow "Sun Salutation" sequence or introduce gentle twists to warm up the spine and build flow between breath and movement.
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Main Activity	Choose one child to turn over the first Yoga Card and reveal the pose for the class. Demonstrate the shape slowly, explaining how to position the feet, hands, and body so the pose feels strong, safe, and balanced. Talk through the breathing pattern, in through the nose, out through the mouth and show the children how breathing can help them stay steady and calm while holding the pose. Give everyone time to practise the shape several times, holding it for a few deep breaths before gently returning to a neutral standing or seated position. Offer small corrections and encouragement, helping pupils notice how the pose stretches or strengthens different parts of the body. Move on to the next Yoga Card, repeating the same structure: demonstrate, discuss, practise, breathe, repeat. Allow children to explore each pose slowly so they can improve their control, balance, and focus. Encourage them to listen to their bodies, making adjustments to stay comfortable while still challenging themselves. Once every pose has been introduced and practised, guide the class through the entire sequence again from start to finish. This time, encourage pupils to flow smoothly between poses, linking movements with their breathing, stretching on the inhale and softening on the exhale. Support them to move calmly, holding each shape with good posture and control. The aim is to help children understand the routine, build confidence, and enjoy the quiet rhythm of the full yoga flow.
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<p>Warrior Pose: Step one foot forward, bend the front knee, and stretch arms out wide. Encourage balance and strength.</p> <p>Lotus Pose: Sit cross-legged with tall posture, hands resting on knees, focusing on breathing and calmness.</p> <p>Moon Pose: Stretch arms overhead and gently bend to one side, opening the ribs and lengthening the body.</p> <p>Dog Pose: Hands and feet on the floor, hips lifting to form an upside-down "V", stretching the back and legs.</p> <p>Tree Pose: One foot placed on the opposite ankle or calf, hands together in front of the chest for balance.</p> <p>Eagle Pose: Wrap arms and legs gently to create a balancing twist, holding the pose with focus and control.</p>	<p>Eagle Pose: Wrap arms and legs gently to create a balancing twist, holding the pose with focus and control.</p> <p>Frog Pose: Squat with heels on the ground, hands between feet, stretching hips and legs while keeping balance.</p> <p>Gorilla Pose: Bend knees, fold forward, and let arms dangle like a relaxed gorilla, stretching the back.</p> <p>Elephant Pose: Interlace fingers to create a "trunk" and swing gently from side to side with slow, controlled movements.</p> <p>Crocodile Pose: Lie on the tummy with hands under the forehead, elbows out, and focus on slow, calm belly breathing.</p>
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Give children time to explore and repeat each pose, helping them understand what part of the body it stretches or strengthens. Encourage pupils to move slowly and mindfully, keeping attention on breathing and balance. Once all poses have been introduced, guide the class through the entire sequence from start to finish. Encourage them to flow smoothly from one pose to the next, linking movement to breath, rising on the inhale, softening on the exhale. Support pupils to keep good posture, stay calm, and enjoy the feeling of moving through a complete yoga routine with control and confidence.

Adapted Learning (Differentiation) (Challenge)	SPACE	TASK	EQUIPMENT	PEOPLE
	Use large, open spaces so pupils can stretch safely without touching others.	Keep movements slow and controlled, focusing on balance, breathing, and calm transitions.	Use yoga cards and mats to support clear demonstrations and safe floor work.	Work individually but pause for short partner checks to help each other with balance or posture.

Key Technical Point	Keep your eyes on the target, step forward with the opposite foot, bowl with a straight arm, and follow through towards the stumps.
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Cooldown	SUNSET REST: Guide the children to find a comfortable spot on their yoga mat for the final 'REST' pose. Ask them to lie down or sit quietly, eyes closed, arms relaxed, and legs resting naturally. Encourage them to focus on calm, steady breathing, in through the nose, out through the mouth, while imagining the sun setting and their bodies becoming still and peaceful. Let them enjoy the quiet, feeling proud of how calm and strong they are. PROGRESSION: Add gentle background music or a short mindfulness reflection, for example, "Think of one thing you are thankful for today."
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