

Year 4 - Development of Yoga

Lesson Plan

MOVING EDSTART

Lesson Objective To develop 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 why breathing helps in yoga.
- I can describe how to get into basic yoga poses.
- I can understand how to stay still and focused in a pose.

EDSTART GO

- I can breathe in through my nose and out through my mouth in poses.
- I can copy and hold the Sun, Moon, Star, Warrior, Mountain, and Lotus poses.
- I can control my body when moving in and out of poses.

EDSTART SHOW

- I can respect others by keeping calm in my space.
- I can encourage my partner when they try poses.
- I can celebrate effort, not just perfect positions.

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

WAKE THE BODY WALK: Children begin walking freely around the space, finding their own pathway and keeping a safe distance from others. Start with a slow walk, gradually increasing to a gentle jog as the teacher calls out body cues such as "tall posture," "soft arms," and "quiet feet." On the signal "freeze," pupils stop and complete a simple mobilising action such as ankle circles, shoulder shrugs, or slow knee bends. Resume walking and repeat with different body parts. Encourage smooth, controlled movements and steady breathing throughout, helping pupils gently prepare their bodies for exercise in a calm, focused manner. **PROGRESSION:** Add direction changes, levels (high/low), or balance holds on the freeze to further develop control and awareness.

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

STARFALL STILLNESS: Ask pupils to gently move to a space of their own and lie comfortably on their backs, spreading arms and legs slightly into a soft star shape. Explain that they are resting under a quiet night sky as the stars begin to twinkle. Guide them through slow breathing, inhale through the nose for three, exhale through the mouth for three. Invite them to gently tense and relax different body parts in turn: scrunch toes then release, squeeze hands then let go, lift shoulders slightly then soften them back to the mat. Encourage complete stillness, quiet breathing, and relaxed faces as their bodies cool down and recover. **PROGRESSION:** Add slow counting with the breath, a short calming story, or soft instrumental background sound to deepen relaxation and focus.

Year 4 - Development of Yoga

Lesson Plan

Lesson Objective To develop 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.
- show good strength, to hold themselves in each Yoga Pose.
- be introduced to Cobra, Cow and Whale poses.

EDSTART KNOW

- I can explain which parts of my body stretch in each pose.
- I can describe how to stay strong when stretching.
- I can understand how breathing helps me hold poses.

EDSTART GO

- I can perform Cobra, Cow, and Whale poses.
- I can hold each pose with strength and control.
- I can repeat poses with confidence and better technique.

EDSTART SHOW

- I can respect my group when taking turns to show poses.
- I can encourage others to stretch safely.
- I can share what I found easiest and most challenging.

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

WAKE THE BODY WALK: Children begin walking freely around the space, finding their own pathway and keeping a safe distance from others. Start with a slow walk, gradually increasing to a gentle jog as the teacher calls out body cues such as “tall posture,” “soft arms,” and “quiet feet.” On the signal “freeze,” pupils stop and complete a simple mobilising action such as ankle circles, shoulder shrugs, or slow knee bends. Resume walking and repeat with different body parts. Encourage smooth, controlled movements and steady breathing throughout, helping pupils gently prepare their bodies for exercise in a calm, focused manner. **PROGRESSION:** Add direction changes, levels (high/low), or balance holds on the freeze to further develop control and awareness.

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

STARFALL STILLNESS: Ask pupils to gently move to a space of their own and lie comfortably on their backs, spreading arms and legs slightly into a soft star shape. Explain that they are resting under a quiet night sky as the stars begin to twinkle. Guide them through slow breathing—inhalation through the nose for three, exhalation through the mouth for three. Invite them to gently tense and relax different body parts in turn: scrunch toes then release, squeeze hands then let go, lift shoulders slightly then soften them back to the mat. Encourage complete stillness, quiet breathing, and relaxed faces as their bodies cool down and recover. **PROGRESSION:** Add slow counting with the breath, a short calming story, or soft instrumental background sound to deepen relaxation and focus.

Year 4 - Development of Yoga

Lesson Plan

Lesson Objective To develop 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 how to keep balance using my arms and legs.
- I can describe why core muscles help balance.
- I can understand how to use focus points to stay still.

EDSTART GO

- I can perform Dog, Tree, and Eagle poses with control.
- I can balance on one leg without wobbling.
- I can move smoothly into and out of balancing poses.

EDSTART SHOW

- I can respect others by waiting calmly for my turn.
- I can encourage classmates to stay strong in balances.
- I can show fairness in group challenges.

Key Question Why do we practise balancing on both sides of the body? It helps our body grow strong and even on both sides.

Warm Up

WAKE THE BODY WALK: Children begin walking freely around the space, finding their own pathway and keeping a safe distance from others. Start with a slow walk, gradually increasing to a gentle jog as the teacher calls out body cues such as “tall posture,” “soft arms,” and “quiet feet.” On the signal “freeze,” pupils stop and complete a simple mobilising action such as ankle circles, shoulder shrugs, or slow knee bends. Resume walking and repeat with different body parts. Encourage smooth, controlled movements and steady breathing throughout, helping pupils gently prepare their bodies for exercise in a calm, focused manner. **PROGRESSION:** Add direction changes, levels (high/low), or balance holds on the freeze to further develop control and awareness.

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

Maintain tall posture through the spine, engage the core for stability, and place feet with control. Keep eyes focused on a still point to aid balance. Move slowly between poses, linking each movement with calm, steady breathing.

Cooldown

STARFALL STILLNESS: Ask pupils to gently move to a space of their own and lie comfortably on their backs, spreading arms and legs slightly into a soft star shape. Explain that they are resting under a quiet night sky as the stars begin to twinkle. Guide them through slow breathing—inhale through the nose for three, exhale through the mouth for three. Invite them to gently tense and relax different body parts in turn: scrunch toes then release, squeeze hands then let go, lift shoulders slightly then soften them back to the mat. Encourage complete stillness, quiet breathing, and relaxed faces as their bodies cool down and recover. **PROGRESSION:** Add slow counting with the breath, a short calming story, or soft instrumental background sound to deepen relaxation and focus.

Year 4 - Development of Yoga

Lesson Plan

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| Lesson Objective | To develop poses that involve movement. | | | | Lesson 4/6 |
| Equipment Needed | Yoga Mats (if available), speaker, | | | | |
| Success Criteria | Children can: <ul style="list-style-type: none"> • how 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 | <ul style="list-style-type: none"> • I can explain how to move safely between poses. • I can describe how strength helps when jumping. • I can understand how to control my breathing during movement. | | | | EDSTART SHOW |
| | <ul style="list-style-type: none"> • I can perform Frog and Gorilla poses with control. • I can add movement into yoga sequences. • I can show strength when moving in and out of poses. | | | | <ul style="list-style-type: none"> • I can respect others by keeping to my mat space. • I can encourage my group during moving challenges. • I can celebrate effort and teamwork in routines. |
| Key Question | What helps our movements look smooth in the full sequence? Quiet feet, steady breathing, and slow, controlled transitions. | | | | |
| Warm Up | RAINDROP WAKE-UP: Children stand in their own space with arms relaxed by their sides. Ask them to imagine tiny raindrops gently tapping their body to wake it up. Begin with light fingertip taps on the arms and shoulders, then softly pat the legs, tummy, and back. Gradually increase the size and speed of movements into gentle shakes of the hands, arms, and legs. Add slow reaches up to the sky as if catching falling raindrops, rising onto tiptoes, then lowering with control. Encourage steady breathing and calm, flowing movement as the body warms up. PROGRESSION: Add light travelling (walking or skipping between "raindrops"), larger stretches, or faster shakes before returning to calm movement. | | | | |
| 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. <ol style="list-style-type: none"> 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: <p>Frog Pose - Start in a squatting position, hands in front, Jump up and land.Repeat.</p> <p>Gorilla Pose - Jump up and land in a squat, Lower one fist to the floor and the repeat with other., Repeat.</p> <p>Let children practise each one twice, noticing how their muscles feel in the stretch.</p> 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 | Maintain long, tall posture through the spine with shoulders relaxed and core gently engaged. Place feet with control, focus eyes on a still point for balance, and link all movements smoothly with slow, steady breathing. | | | | |
| Cooldown | CLOUD FLOAT RELAXATION: Ask pupils to sit or lie comfortably in their own space, hands resting softly on their tummy. Explain that they are gently floating on a warm, soft cloud drifting slowly across the sky. Guide slow breathing—breathe in through the nose, feeling the tummy rise, and breathe out through the mouth, feeling it gently fall. Invite pupils to relax their body from head to toe: soften the face, drop the shoulders, let arms feel heavy, and allow legs to sink into the mat. Encourage stillness, quiet breathing, and calm minds as the body cools and recovers. | | | | |

Year 4 - Development of Yoga

Lesson Plan

MOVING EDSTART

Lesson Objective To develop 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 to keep control when moving arms or legs.
- I can describe which muscles I use in Elephant and Crocodile poses.
- I can understand how repetition helps me improve.

EDSTART GO

- I can perform Elephant and Crocodile poses.
- I can keep my body strong when moving during poses.
- I can repeat poses smoothly with better control.

EDSTART SHOW

- I can respect others by keeping calm and safe.
- I can encourage my partner to practise poses with me.
- I can celebrate my group's effort.

Key Question How should we move between each pose in the sequence? Slowly, quietly, and with steady breathing.

Warm Up

MORNING BREEZE MOBILISER: Children stand in their own space with feet hip-width apart and arms relaxed by their sides. Explain that a gentle morning breeze is helping to wake their bodies. Begin with slow head turns side to side, followed by shoulder rolls and soft arm swings across the body. Guide pupils into gentle knee bends, stretching up tall to the sky and melting back down each time. Add slow marching on the spot, lifting knees smoothly while swinging opposite arms. Encourage calm breathing throughout and smooth, controlled movements to gently warm the whole body. **PROGRESSION:** Add slow travelling steps forwards, backwards, and sideways with arm sweeps, or increase the range of movements while keeping breathing calm and steady.

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 Keep the spine long and tall, shoulders relaxed, and core gently engaged. Place hands and feet with control, focus eyes on a still point, and match every stretch, lift, and hold with slow, steady breathing for balance and calm control.

Cooldown

MOONLIGHT MELT: Ask pupils to find a comfortable space on their mat and sit or lie quietly. Explain that the bright daytime energy is fading and the gentle moonlight is helping their bodies slow down. Guide slow breathing—breathe in through the nose for three, breathe out through the mouth for three. Invite pupils to slowly "melt" their bodies into the mat: soften the toes, relax the legs, drop the shoulders, unclench the jaw, and rest the eyes. Encourage stillness, calm breathing, and quiet minds as the body cools and fully relaxes. **PROGRESSION:** Add a short breathing count (4 in, 4 out), a quiet body-scan from feet to head, or a gentle affirmation such as "My body is calm, my mind is calm"

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| 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. | |

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| 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. |

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| Key Question | How do smooth transitions help the yoga flow? They help movements link together calmly and safely. |
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| Warm Up | <p>FOREST WAKE-UP: Children stand in their own space, imagining they are in a quiet forest at sunrise. Begin with slow breathing—in through the nose, out through the mouth. Add gentle actions: sway side to side like trees in the breeze, stretch tall to “grow like a tree,” bend softly to touch the forest floor, and roll shoulders forward and back to wake the upper body. Progress into light knee bends and slow marching on the spot, swinging arms naturally. Encourage calm faces, quiet movement, and smooth transitions as the body gently warms and prepares for yoga.</p> <p>PROGRESSION: Add balance moments on one leg like a “tree pose,” slow travelling steps through the “forest,” or link movements into a short flowing sequence with steady breathing.</p> |
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| Main Activity | <p>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.</p> |
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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.

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| 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. |

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| Key Technical Point | Maintain tall posture with a long spine, relaxed shoulders, and a gently engaged core. Place hands and feet carefully for stability, focus eyes on a fixed point, and link every movement and hold with slow, controlled breathing. |
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| Cooldown | <p>SLEEPING TIGER RELAXATION: Ask pupils to find a quiet space and lie on their bellies or backs like a sleeping tiger resting after a long day of movement. Arms rest softly by their sides, eyes closed. Guide slow breathing — in through the nose for three, out through the mouth for three. Invite pupils to imagine their whole body becoming heavy and calm: legs resting, shoulders soft, hands loose, face peaceful. Encourage complete stillness and silence as their breathing becomes slow and steady and their bodies cool down. PROGRESSION: Add a gentle countdown from 10–1 with the breath, a short peaceful jungle story, or quiet nature sounds to deepen relaxation and focus.</p> |
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