

Year 6 - Yoga

Lesson Plan

COMPLETE

EDSTART

Lesson Objective To perform 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 is important in Yoga
- I can describe how to breathe in through my nose and out through my mouth
- I can understand the names of key Yoga poses

EDSTART GO

- I can perform the Sun, Moon, Star, Warrior, Mountain, and Lotus poses
- I can hold each pose with balance and control
- I can use breathing techniques alongside my movements

EDSTART SHOW

- I can respect the space of others when moving
- I can encourage my partner when holding poses
- I can stay calm and focused during relaxation

Warm Up

RISE WITH THE SUN: Begin with children seated in their own space, taking slow, deep breaths – in through the nose and out through the mouth. As they breathe in, they raise their arms like the sun rising; as they breathe out, they lower them gently. Progress to standing and continue the flowing arm movements, adding gentle side stretches and slow forward bends. Encourage smooth, calm movements in time with breathing to create a relaxed, positive start to the yoga session.

Main Activity

Choose one child to turn over the first Yoga Card and reveal the pose to the group. Take time to name the pose, discuss what it looks like, and explain how the body should be positioned. Encourage children to move slowly into the pose, breathing in through the nose and out through the mouth, focusing on calm, steady breathing. Hold the pose for a few breaths, then gently release and repeat it two to three times so children have plenty of opportunity to practise, adjust their balance, and improve control. Repeat this process for each remaining card, working through the Moon, Star, Warrior, Mountain, and Lotus poses. Between poses, briefly reflect on how each one makes the body feel (strong, balanced, calm, stretched). Encourage children to move mindfully, respect personal space, and support each other by copying good posture. Continue until all poses have been explored, creating a calm, focused, and inclusive yoga sequence for the whole class.

Adapted Learning (Differentiation) (Challenge)

SPACE

Use individual mats for clear personal space.

TASK

Start with one pose at a time, progress to short sequences.

EQUIPMENT

Use mats or soft surfaces; visual pose cards for support.

PEOPLE

Work individually, then in pairs for encouragement.

Cooldown

REST & RELAX: At the end of the session, guide the children into their resting pose using the REST card. Ask them to lie down or sit comfortably, close their eyes, and take slow, deep breaths to feel their heart rate slow and their body begin to relax. Encourage them to imagine melting softly into the ground like a puddle of calm water. As they breathe, they can place one hand on their belly to feel it rise and fall with each breath, reminding them that stillness and calm can be powerful. To progress, add gentle stretches such as reaching arms overhead, stretching side to side, or slowly rotating wrists and ankles. Keep your voice soft and steady, perhaps with quiet background music, and finish with a short reflection, asking: "Which pose helped you feel calmest today?" This cool down helps children leave the session relaxed, mindful, and proud of the calm strength they've created.

Key Technical Points

Sun:

- Hold out arms and move in a circle to represent the sun
- Children to breathe in through the nose, and out through the mouth

Warrior:

- Stand feet shoulder width apart
- Arms out to the side
- Stand strong and keep head still

Moon:

- Reach up tall
- Lean to left, like a half-moon
- Repeat on other side

Mountain:

- Feet shoulder width apart
- Hands out to the side
- Chin towards the chest

Star:

- Stretch up tall and reach up to the sky
- Twinkle fingers
- Keep stomach strong

Lotus:

- Sit with your legs crossed
- Breathe in through nose and out through your mouth



Sun



Moon



Star



Warrior



Mountain



Lotus

Year 6 - Yoga Lesson Plan

COMPLETE
EDSTART

Lesson Objective To perform poses that involve flexibility

Lesson 2/6

Equipment Needed Yoga mats (if available), speaker.

Success Criteria Children can:

- Show increasing 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 how Yoga can improve flexibility
- I can describe the difference between back bends and stretches
- I can understand how to use strength to hold poses

EDSTART GO

- I can perform Cobra, Cow, and Whale poses with control
- I can use strength to support my flexibility
- I can link flexibility poses with breathing

EDSTART SHOW

- I can encourage my peers when they attempt challenging poses
- I can respect others when moving between poses
- I can support classmates by reminding them of breathing techniques

Warm Up

Sunrise Breathing: Begin the session with children seated or standing tall, practising gentle sunrise breathing to wake up their bodies and minds. As they breathe in through the nose, ask them to slowly raise their arms overhead, imagining the sun rising into the morning sky; as they breathe out through the mouth, arms lower softly to their sides like the sun setting. Once a steady rhythm is found, add gentle spinal rolls – rolling the spine slowly up and down to loosen the back and prepare for flexibility work. Encourage children to focus on moving smoothly, feeling each part of the spine curve and uncurl like a wave. To progress, introduce a simple cat-cow flow: on the inhale, arch the back and lift the chest (cow); on the exhale, round the back and tuck the chin (cat). This fluid movement links breath with motion, warms up the spine, and helps children feel calm and ready for the session ahead.

Main Activity

Choose one child to turn over the first Yoga Card and reveal the pose. Take time as a group to talk about the shape of the body, what the pose might represent, and how it should feel. Encourage calm breathing throughout – breathing in slowly through the nose and out through the mouth. Model the pose together and repeat it several times, allowing children plenty of time to practise, hold the position, and improve their balance and control.

Continue this process for each remaining card, revisiting the poses from the last lesson and introducing the new Cobra, Cow, and Whale poses. Support children with clear demonstrations and gentle reminders about posture, breathing, and relaxation. Repeat all poses to help children build confidence, familiarity, and a smooth flow between movements.

Adapted Learning (Differentiation) (Challenge)

SPACE

Larger spaces for safety, closer formations for group focus.

TASK

Start with one pose, progress to linking flexibility poses.

EQUIPMENT

Use mats for comfort and safety.

PEOPLE

Work alone to practise, then pairs for peer feedback.

Cooldown

Rest & Restore: As the session ends, invite children to lie down on their mats using the REST card as guidance. They should stretch their arms overhead and extend their legs long, taking deep, slow breaths to let their bodies unwind. Encourage them to feel their muscles relax with every exhale, sinking into the floor. To progress, add gentle rocking side to side, allowing the spine to release any tension built up during the lesson. Keep the environment quiet and peaceful, perhaps with calming music or dimmed lighting. End with a short reflection, asking: "Which stretch helped your body feel more flexible today?" This allows children to connect their movements to how their body feels, finishing the lesson calm, stretched, and relaxed.

Key Technical Points

Cobra:

- Lie on floor, hand slightly in front of shoulders.
- Raise body upwards, hold head up high

Cow:

- Start on all fours
- Push stomach towards the ground
- Look up towards the sky

Whale:

- Lie on your stomach
- Reach round and hold onto toes
- Lift chest up slightly



Cobra



Cow



Whale

Year 6 - Yoga

Lesson Plan

COMPLETE

EDSTART

Lesson Objective To perform 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 balance helps in Yoga
- I can describe how to use my core muscles for stability
- I can understand how to focus my eyes (spotting) to keep balance

EDSTART GO

- I can hold Dog, Tree, and Eagle poses with control
- I can balance on one leg without wobbling
- I can use breathing to help stay balanced

EDSTART SHOW

- I can respect others by giving them space to balance
- I can encourage my partner when they practise difficult poses
- I can stay calm if I lose balance and try again

Warm Up

Sunrise Balance Flow: Begin the session with calm sunrise breathing to awaken focus and control. Children stand tall with feet together, breathing in deeply through the nose while raising their arms slowly above their heads, then exhaling through the mouth as they lower them softly to their sides. Once they find a steady rhythm, introduce gentle balance preparation by asking them to rise up onto their tiptoes and slowly lower back down, repeating several times to build stability. Encourage them to rock gently side to side, keeping their core tight and their gaze forward to stay steady. To progress, add arm movements while balancing – children lift their arms overhead as they rise onto their toes, then lower them as they return to the floor. This flow helps improve posture, focus, and body awareness, setting a calm and controlled tone for the rest of the session.

Main Activity

Choose one child to turn over the first Yoga Card and reveal the pose. Take time to talk together about what the pose looks like, which parts of the body are working, and how it should feel. Encourage slow, calm breathing throughout – breathing in through the nose and out through the mouth. Model the pose and repeat it several times so children have plenty of time to practise, hold the position, and find their balance. Repeat this process for each remaining card, revisiting the poses from the last lesson and introducing the Dog, Tree, and Eagle poses. Support children with clear demonstrations, gentle reminders about posture and breathing, and positive encouragement. Repeat all poses to help children build confidence, body awareness, and smooth transitions between movements.

Adapted Learning (Differentiation) (Challenge)

SPACE

Spread out to ensure safe balancing.

TASK

Start with two-footed balances, progress to single-leg poses.

EQUIPMENT

Mats or floor markers for foot placement.

PEOPLE

Individual practice first, then pairs to support balance.

Cooldown

Root & Rest: Guide the children to sit cross-legged and take slow, deep breaths, stretching their arms wide to open the chest before gently folding forward to rest. Encourage them to relax their shoulders and feel the stretch along their back as they breathe calmly. To progress, ask them to rise into a Tree Pose – standing tall on one foot, with the other foot resting on their calf or thigh, and hands together at the heart or above the head. Challenge them to hold for five slow breaths before switching sides. Once finished, return to a seated or lying position for final rest and reflection. End with the question: "What helped you stay balanced today?" allowing children to think about both their body control and their focus. This cool down encourages calm, balance, and self-awareness, leaving them grounded and relaxed.

Key Technical Points

Dog:

- Place hands and feet on floor and raise bottom

Tree:

- Hands together
- Stand on 1 leg with foot near ankle
- Move hands upwards
- Stand strong

Eagle:

- Place hand on opposite shoulder
- Repeat on other side
- Raise one leg across body
- Swap legs and repeat



Tree



Eagle



Dog

Lesson Objective To perform 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, Gorilla, Crocodile and Elephant poses

EDSTART KNOW

- I can explain why movement is included in Yoga
- I can describe how animal-inspired poses help develop strength
- I can understand how to transition safely between poses

EDSTART GO

- I can perform Frog, Gorilla, Crocodile, and Elephant poses
- I can move with strength and control in each pose
- I can flow between still and moving poses

EDSTART SHOW

- I can share the space respectfully when moving
- I can encourage others by copying their good technique
- I can play fairly during moving Yoga activities

Warm Up

Rise & Roar: Begin the session with gentle sunrise breathing to wake up the body and energise the mind. Children stand tall, breathing in deeply through their nose as they raise their arms overhead like the rising sun, then exhale through the mouth as they lower their arms and relax their shoulders. Add light bouncing on the toes to get the blood flowing, followed by smooth arm swings from side to side to loosen the shoulders and core. Once warm, bring in the animal-inspired stretches – crouch into a frog squat, stretching hips and ankles while keeping the chest lifted, then stand tall and move into elephant swings, hinging at the hips and swinging the arms gently like an elephant's trunk. Encourage children to match their movements to their breathing, feeling strong and flexible as they prepare for their yoga journey.

Main Activity

Choose one child to turn over the first Yoga Card and reveal the pose. Take time to discuss the pose together – what the body shape looks like, which muscles are being used, and how the pose might feel. Encourage calm, controlled breathing throughout, breathing in through the nose and out through the mouth to help children stay focused and relaxed. Demonstrate the pose and repeat it several times so children have plenty of time to practise, hold the position, and improve their balance and control. Repeat this process for each remaining card, revisiting the poses from the last lesson and introducing the Frog, Gorilla, Elephant, and Crocodile poses. Support children with clear demonstrations, playful animal imagery, and gentle reminders about posture and breathing. Repeat all poses to help children build confidence, flexibility, and body awareness while enjoying the imaginative nature of the yoga session.

Adapted Learning (Differentiation) (Challenge)

SPACE

Larger areas for animal movements, smaller mats for still poses.

TASK

Begin with static holds, progress to dynamic sequences.

EQUIPMENT

Use mats for support and safety.

PEOPLE

Work individually, then mirror partner movements.

Cooldown

Stretch & Shine: Guide the children to lie down on their mats, stretching their legs long and pointing and flexing their toes to gently relax the lower body. Encourage them to take slow, deep breaths, imagining they're stretching their energy all the way to their fingertips and toes. As they relax, ask them to roll their heads side to side to release tension from the neck. To progress, have them slowly roll up from lying to a seated position, stacking their spine one vertebra at a time. Once seated, invite them to place their hands on their knees, close their eyes, and take one final deep breath together. Finish with the reflection question: "Which movement made you feel strongest today?" This calm, mindful ending helps children leave the session feeling proud, centred, and powerful.

Key Technical Points

Frog:

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

Gorilla:

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

Crocodile:

- Lie down on back, lift leg up and bring back down
- Repeat for other leg

Elephant:

- Hands together leaning forward (like a trunk)
- Swing arms 4 times



Gorilla



Crocodile



Elephant



Frog

Year 6 - Yoga Lesson Plan

COMPLETE
EDSTART

Lesson Objective To create their own Yoga routine using the poses that have been taught

Lesson 5/6

Equipment Needed Yoga mats (if available), speaker, pens, whiteboards, whiteboard pens.

Success Criteria Children can:

- Remember each Yoga pose and describe and perform them
- Plan a routine using the pose taught
- Plan a routine with up to 6 Yoga poses

EDSTART KNOW

- I can explain how to put Yoga poses together in a sequence
- I can describe the importance of remembering breathing during routines
- I can understand how to plan and order poses

EDSTART GO

- I can plan a 6-pose Yoga routine
- I can practise and refine my routine with a partner
- I can perform a sequence with confidence

EDSTART SHOW

- I can work with my partner to design a routine
- I can encourage others when practising routines
- I can respect my peers by giving positive feedback

Warm Up

Build Your Flow: Begin the session with calm sunrise breathing to help children focus and feel grounded. Encourage them to stand tall with feet hip-width apart, arms relaxed by their sides. As they breathe in slowly through their nose, ask them to raise their arms overhead like the rising sun, then exhale through the mouth as they bring their arms down in a wide, slow circle. Once everyone is breathing in rhythm, invite children to choose **three of their favourite poses** from previous weeks – these might include the Warrior, Tree, Star, or Mountain pose. Give them a moment to discuss or demonstrate their choices with a partner. Then, have each child practise their chosen poses in sequence, holding each one for a few breaths while focusing on balance and control. To progress, challenge the children to **link their poses together smoothly** into a personal yoga flow. Encourage them to move with their breath – inhaling as they rise into each pose, and exhaling as they transition or lower. This creative warm-up promotes independence, confidence, and mindfulness, allowing children to express themselves through movement.

Main Activity

Children will work in pairs and prepare and plan a 6 pose Yoga routine to deliver to their peers. Spend time to talk about the pose and encourage the children to breathe in through their nose, and out through their mouth. Repeat pose a few times, so children have plenty of time to practice / hold each pose. Remind children of the poses we have learnt, and allow them to practice them in their pairs. Get each pair to deliver the routine to each other in preparation of next lesson.

Adapted Learning (Differentiation) (Challenge)

SPACE

Provide clear mat areas for routine practice.

TASK

Start with teacher-led routines, progress to child-led sequences.

EQUIPMENT

Use pose cards or posters as memory prompts.

PEOPLE

Work in pairs or small groups to design and share routines.

Cooldown

Reflect & Rest: Guide the class into a calm cool-down by asking each pupil to choose **one yoga pose** that helps them feel peaceful or strong. This could be a seated Lotus for calm, a Mountain pose for stability, or a gentle stretch such as Butterfly or Child's Pose. Allow time for them to hold their pose quietly, focusing on slow, deep breathing and letting their body relax. Once they've held their pose, transition into the **REST card**, inviting children to lie back comfortably on their mats, eyes closed, breathing slowly in and out through the nose. To progress, introduce **partner-led stretches** – for example, partners sitting back-to-back and gently pushing against each other to open their chests and stretch the spine, or one partner helping the other to reach forward in a seated stretch. Finish the session with a reflective plenary: ask, "Which poses did you include in your routine, and why?" to encourage thoughtful discussion about what movements make them feel calm, strong, or balanced. This closing routine helps pupils leave the session feeling proud, centred, and mindful of their personal growth in yoga.



Lesson Objective To deliver a Yoga lesson and deliver to a small group

Lesson 6/6

Equipment Needed Yoga mats (if available), speaker, pens, whiteboards, whiteboard pens.

Success Criteria Children can:

- Demonstrate, teach, and lead a small group
- Give useful and supportive feedback to improve poses
- Show respect during poses and relaxation

EDSTART KNOW

- I can explain how to demonstrate a pose clearly
- I can describe how to give positive feedback
- I can understand the importance of leadership and respect in Yoga

EDSTART GO

- I can lead a small group through a Yoga routine
- I can perform my own sequence with confidence
- I can give supportive feedback to others

EDSTART SHOW

- I can respect my peers when they are leading
- I can encourage my group during their routines
- I can celebrate the success of others in Yoga

Warm Up

Partner Sunrise Flow: Begin with calm sunrise breathing, but this time let the children take charge. In pairs, one child leads the breathing while the other mirrors their movements. Encourage the "leader" to guide their partner through slow, steady breaths – inhaling deeply through the nose as both raise their arms overhead like the rising sun, and exhaling through the mouth as arms lower softly to the sides. After a few rounds, partners swap roles so everyone gets a chance to lead. Once the breathing feels calm and controlled, challenge each pair to **add one of their favourite poses** to create their own short sequence – for example, following sunrise breathing with a Tree Pose for balance, or Warrior Pose for strength. Invite a few confident pairs to lead the entire class through their flow, reminding everyone to move slowly, breathe deeply, and focus on body control and teamwork. This not only reinforces the importance of breath and balance but also builds leadership, communication, and creativity.

Main Activity

Recap last week's lesson, then split the class into groups of 8 (4 pairs) Each pair will then take it in turns to deliver their Yoga Routine to the other in their group. Repeat so all pairs teach their Yoga Routines. 4 pairs will be teaching at a time in the space, but only to their small groups.

Adapted Learning (Differentiation) (Challenge)

SPACE

Allocate zones for group leaders to guide safely.

TASK

Start with pair leadership, progress to leading small groups.

EQUIPMENT

Use mats and visual pose cards for support.

PEOPLE

Rotate leadership so everyone has the chance to lead and follow.

Cooldown

Guided Calm: Transition into stillness with the REST card, inviting pupils to lie down or sit cross-legged with eyes closed and hands resting softly on their knees. Encourage them to take slow, mindful breaths – feeling their body relax into the floor or mat. The room should be calm and quiet, with children focusing on the sound of their own breathing. For progression, give each group the chance to **lead one gentle stretch** for the class before rest – such as a seated side stretch, butterfly pose, or gentle shoulder roll – using clear instructions and calm voices. This empowers them to take ownership of their learning and share something they've enjoyed. End the session by asking, "What did you enjoy most about teaching and learning from others?" to prompt reflection on teamwork, confidence, and collaboration. This closing activity helps pupils appreciate the value of shared learning while leaving them relaxed, centred, and proud of their contribution.

