

EYFS - Animal Boogie Yoga

Lesson Plan

Lesson Objective To introduce Yoga Poses whilst sat down.

Lesson 1/6

Equipment Needed Yoga Mats (if available), speaker, Yoga Cards

Success Criteria Children can:

- become familiar with the Yoga routine.
- control their bodies when performing each pose.
- be introduced to the snake, lion, parrot and zebra poses.

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.

Warm Up

JUNGLE GROOVE: Children begin by marching, jumping, and dancing on the spot to “Animal Boogie.” They copy the animal actions in time with the music—stretch like a giraffe, stomp like an elephant, and flap like a parrot. Encourage big movements and smiling faces to get their bodies warm and ready to move. **PROGRESSION:** Add more animals or change tempo—slow jungle crawl or fast cheetah chase.

EYFS Link: Physical Development – Coordination, rhythm, and gross motor skills; Communication and Language – Listening and responding to cues.

Main Activity

SAFARI SEARCH: Children move quietly around the space pretending to explore the jungle. When the coach calls out an animal (e.g., “Monkey!” or “Snake!”), children freeze in that animal shape or movement. Add sound effects for fun and imagination. **PROGRESSION:** Let a child be the “ranger” and call out the next animal.

EYFS Link: Physical Development – Balance, control, and creative movement; PSED – Confidence and expression through role play.

ANIMAL BOOGIE YOGA FLOW: Children sing the first verse of “Animal Boogie” without music. When the line “It’s a...” is reached, one child turns over the first Yoga Card to reveal an animal pose. Everyone stops and copies the pose, focusing on balance, posture, and deep breathing—in through the nose, out through the mouth. Repeat the pose several times, encouraging slow breathing and strong stillness. Return to marching as the next verse begins and reveal each new card (snake, lion, parrot, zebra). Discuss what each animal might feel like—strong, calm, brave, or gentle—and how their body moves differently for each. Let different children turn the cards over each round. **PROGRESSION:** Invite children to create a short “jungle yoga sequence” combining their favourite poses.

EYFS Link: Physical Development – Flexibility, strength, and mindfulness; PSED – Emotional regulation, focus, and imagination.

Adapted Learning (Differentiation) (Challenge)

SPACE

Use a big mat or small mat depending on confidence.

TASK

Start with one pose, then try all four.

EQUIPMENT

Yoga cards, mats, music.

PEOPLE

Try on my own first, then copy together.

Cooldown

SLEEPY SLOTH RELAXATION: Children find a calm space on their mat and copy the “sloth pose”—lying still with eyes closed and hands on their tummy. Encourage slow breathing to relaxing rainforest sounds. Ask them to imagine floating peacefully under jungle leaves. **PROGRESSION:** Children share one word describing how they feel after relaxing.

EYFS Link: Physical Development – Calm control and self-regulation; PSED – Wellbeing and relaxation.



EYFS - Animal Boogie Yoga

Lesson Plan

MOVING EDSTART

Lesson Objective To introduce Yoga Poses whilst standing up tall. **Lesson 2/6**

Equipment Needed Yoga Mats (if available), speaker, Yoga Cards

Success Criteria Children can:

- hold a balance when performing poses.
- stand up tall with good posture.
- be introduced to monkey and bird poses.

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.

Warm Up

JUNGLE JAM: Children begin by walking, jumping, and dancing on the spot near their yoga mats as “Animal Boogie” plays. Encourage them to copy each animal action from the song — swing like monkeys, stomp like elephants, and flap like parrots. Add energy and rhythm to warm up their bodies and minds for yoga. **PROGRESSION:** Change the tempo — slow jungle crawl or fast cheetah sprint.

EYFS Link: Physical Development – Coordination, balance, and rhythm; Communication & Language – Listening and responding to musical cues.

Main Activity

SAFARI SEARCH: Children explore the “jungle” by moving quietly around their mats. When the coach calls out an animal (e.g., “Tiger!” or “Bird!”), children freeze in that shape or movement. Add animal sounds to make it more fun and imaginative. **Progression:** Allow a child to be the “explorer” and choose the next animal.

EYFS Link: Physical Development – Gross motor control and body awareness; PSED – Imagination, confidence, and expressive movement.

ANIMAL BOOGIE YOGA FLOW: Children sing the first verse of “Animal Boogie” without music. When the line “It’s a...” arrives, one child flips over the first Yoga Card. Everyone stops and copies the pose shown. Encourage focus on breathing — in through the nose, out through the mouth — and discuss how each pose feels (strong, calm, or brave). Practice and hold each pose several times before returning to marching as the next verse begins. Introduce monkey and bird poses first, then move to snake, lion, parrot, and zebra. Repeat the full sequence, allowing new children to turn cards over and lead the group. **PROGRESSION:** Children combine poses to create their own “Jungle Yoga Routine.”

EYFS Link: Physical Development – Flexibility, strength, and control; PSED – Emotional regulation, concentration, and self-confidence.

Adapted Learning (Differentiation) (Challenge)

SPACE

Big spaces for easy balance, smaller for challenge.

TASK

Hold a pose first, then move into the next.

EQUIPMENT

Yoga cards, music.

PEOPLE

Work alone first, then as a group.

Cooldown

SLEEPY SLOTH RELAXATION: Children find a space on their mat for the final “Sloth Pose.” They lie down calmly with eyes closed, focusing on slow breathing while listening to rainforest sounds. Encourage them to imagine floating peacefully beneath tall jungle trees. **PROGRESSION:** Ask children to share one animal that made them feel calm or strong.

EYFS Link: Physical Development – Relaxation and body control; PSED – Self-awareness, mindfulness, and calm focus.



Monkey



Bird

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

Equipment Needed Yoga Mats (if available), speaker, Yoga Cards

Success Criteria Children can:

- show control, strength and balance when performing each pose.
- be introduced to Giraffe and Chimpanzee poses.

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.

Warm Up

JUNGLE WAKE UP: Children begin the lesson pretending to wake up in the jungle. They stretch tall like trees, reach wide like branches, and yawn like lions. They move around their yoga mats copying jungle animals — swing like a chimpanzee, stomp like an elephant, tiptoe like a leopard, or slither like a snake. Encourage large, flowing movements and expressive actions to warm up the body and imagination. **PROGRESSION:** Add background jungle drum music and change the tempo — slow like a giraffe walking or fast like monkeys chasing through trees.

EYFS Link: Physical Development – Coordination, balance, and gross motor control; PSED – Confidence, imagination, and creative movement.

Main Activity

JUNGLE CALLS: Explain that jungle animals make special sounds to communicate. Children walk or crawl around pretending to explore. When the teacher calls “Freeze!”, they stop and strike a jungle animal pose. When an animal sound is played (e.g., lion roar, parrot squawk, snake hiss), children copy that animal’s movement or yoga pose. Encourage focus, listening, and creativity. **PROGRESSION:** Invite children to be “Jungle Leaders,” choosing an animal sound and demonstrating the matching movement.

EYFS Link: Communication & Language – Listening, understanding, and response; Physical Development – Reaction and coordination; PSED – Turn-taking and self-expression.

ANIMAL BOOGIE YOGA ADVENTURE: Children begin by marching gently to “Animal Boogie” without the music. When they sing the line “It’s a...”, one child turns over a Yoga Card to reveal the first animal pose. Everyone stops and copies the pose — for example, reaching high like a giraffe or crouching low like a chimpanzee. Encourage them to breathe in through their nose and out through their mouth, holding each pose for a few slow breaths. After practising, children march again and repeat with new cards: snake, lion, parrot, zebra, monkey, and bird. Pause after each to discuss how the pose feels (strong, calm, brave, or balanced). Continue until all poses have been explored, with different children helping turn cards over. **PROGRESSION:** Children work in pairs to create their own “Mini Jungle Flow,” choosing three poses and performing them in sequence with smooth transitions.

EYFS Link: Physical Development – Strength, flexibility, balance, and control; PSED – Focus, self-regulation, and confidence; Understanding the World – Exploring animals and their movements.

Adapted Learning (Differentiation) (Challenge)

SPACE

More space for moving animals, less for control.

TASK

Try one pose at a time, then join them.

EQUIPMENT

Cards, mats.

PEOPLE

Do alone first, then copy together.

Cooldown

SLEEPY SLOTH RELAXATION: After completing all poses, children lie quietly on their yoga mats in “Sloth Pose,” with hands resting on their tummy and eyes closed. Ask them to imagine hanging peacefully from a jungle tree while listening to soft rainforest sounds. Guide them through slow, gentle breathing — in through the nose, out through the mouth — helping their bodies to calm and relax after movement. **PROGRESSION:** Invite children to share one animal that made them feel calm or strong during yoga.

EYFS Link: Physical Development – Relaxation, breathing, and body awareness; PSED – Calmness, emotional wellbeing, and mindfulness.



Giraffe



Chimpanzee

Lesson Objective To introduce breathing techniques when performing each pose. **Lesson 4/6**

Equipment Needed Yoga Mats (if available), speaker, Yoga Cards

Success Criteria Children can:

- sit / stand up tall and focus on slowly breathing.
- breathe as they perform each Yoga pose.
- be introduced to Cub and Bee poses.

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.

Warm Up

JUNGLE BOOGIE MARCH: Children begin by marching or walking on the spot near their yoga mat as "Animal Boogie" plays. Encourage them to move to the beat, copying the animal actions from the song — swing like a chimpanzee, buzz like a bee, crawl like a cub, or stretch tall like a giraffe. Use big, expressive movements to warm up the whole body while encouraging rhythm and coordination. **PROGRESSION:** Ask children to move like "quiet" animals (soft and slow) and then "loud" animals (big and strong) to explore control and energy.

EYFS Link: Physical Development – Coordination, balance, and rhythm; Communication & Language – Listening and responding to instructions

Main Activity

ANIMAL YOGA SAFARI: Children sing the first verse of "Animal Boogie" without the music. When they sing "It's a...", one child turns over the first Yoga Card to reveal an animal pose. Everyone stops marching and copies the pose — for example, buzzing in Bee Pose or prowling in Cub Pose. Encourage calm breathing: in through the nose and out through the mouth, focusing on control and balance. Discuss what the pose feels like — strong, calm, or brave — and repeat several times so children can refine their balance and posture. Once finished, children begin marching again as they prepare for the next animal pose. Introduce each new animal (snake, lion, parrot, zebra, monkey, bird, giraffe, and chimpanzee) one at a time, allowing children to explore each through movement and imagination. Different children can take turns turning over the yoga cards and leading the group. **PROGRESSION:** Children work in pairs to create a short "Jungle Yoga Dance," linking three poses together with gentle transitions between them.

EYFS Link: Physical Development – Strength, flexibility, and control; PSED – Self-expression, confidence, and focus; Understanding the World – Exploring and imitating animals through movement.

Adapted Learning (Differentiation) (Challenge)

SPACE

Give children more room to relax.

TASK

Start with short breathing, then longer breaths.

EQUIPMENT

Yoga cards, calm music.

PEOPLE

Try alone first, then as a group.

Cooldown

SLEEPY SLOTH REST: After all the poses have been explored, children lie down on their mats in "Sloth Pose" — flat on their backs or curled on their side, completely still. They close their eyes and take slow, deep breaths, imagining they are resting in a warm jungle tree. Play gentle rainforest sounds in the background to help them relax. Guide them to breathe slowly: "In through your nose... out through your mouth..." as they calm their bodies and minds. **PROGRESSION:** Ask children to share one pose that made them feel peaceful or strong before ending the session.

EYFS Link: Physical Development – Relaxation and body awareness; PSED – Mindfulness, calmness, and emotional regulation.



Cub



Bee

Lesson Objective To remember all poses and perform under control. **Lesson 5/6**

Equipment Needed Yoga Mats (if available), speaker, Yoga Cards

Success Criteria Children can:

- begin to focus on their breathing, slowly in and out.
- talk about the effects of activity on their bodies.
- remember the poses they have learnt.

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.

Warm Up

Children start the lesson by walking on the spot near their Yoga Mat / Space as the song "Animal Boogie" is played. Children recreate the actions of the song as part of their warmup — swinging like monkeys, stomping like elephants, or flapping like parrots. Encourage big movements, rhythm, and smiles as they move to the music.

EYFS Link: Physical Development – Coordination, gross motor control, and spatial awareness; Communication & Language – Listening and responding to musical cues; PSED – Confidence and enjoyment in physical activity.

Main Activity

ANIMAL STATUES: After the warmup, explain that the jungle animals have turned into statues! When the coach plays the drum or claps, children move freely around their space like jungle animals — creeping, crawling, hopping, or stomping. When the music stops, they must freeze like that animal statue and hold their balance. Encourage children to make strong shapes and still poses. Ask them, "Can you balance like a flamingo?" or "Can you make your body tall like a giraffe?" **PROGRESSION:** Add soft jungle sounds and ask children to move fast or slow like different animals — for example, slow elephants or speedy monkeys.

EYFS Link: Physical Development – Balance, coordination, and motor control; Communication & Language – Following multi-step instructions; Expressive Arts & Design – Using imagination and movement to represent ideas.

ANIMAL YOGA SAFARI: Children now sing the first verse of the song without the music. As they do, one child turns the 1st Yoga Card over. When the line "It's a ...", children then stop marching and complete the yoga pose. Spend time to talk about the pose and encourage the children to breathe in through their nose and out through their mouth. Repeat the pose a few times, so children have plenty of time to practise and hold each position. Start to sing "Animal Boogie" as the children begin to march on the spot again. Repeat the process for each remaining card (snake, lion, parrot, zebra, monkey, bird, giraffe, chimpanzee, cub & bee). Repeat again, allowing different children to turn the cards over.

EYFS Link: Physical Development – Strength, flexibility, and control; PSED – Self-expression, confidence, and focus; Understanding the World – Exploring and imitating animals through movement.

Adapted Learning (Differentiation) (Challenge)

SPACE

Big mats for easy moves, smaller mats for challenge.

TASK

Start with a few poses, then try them all.

EQUIPMENT

Yoga cards, music.

PEOPLE

Try alone, then follow a leader.

Cooldown

After the last card is turned, children will find a space or yoga mat for the 'sloth' card. This will be the final pose of the lesson, encouraging children to rest, sit still, and focus on breathing slowly. Play "Rain Sound and Rainforest Animals Sound – Relaxing Sleep" on YouTube. Encourage children to imagine they're resting high in a quiet rainforest tree.

EYFS Link: Physical Development – Developing control, relaxation, and awareness of breathing; PSED – Managing feelings and developing calm focus; Understanding the World – Connecting with nature and mindfulness.

Lesson Objective To complete a full routine of Yoga poses. **Lesson 6/6**

Equipment Needed Yoga Mats (if available), speaker, Yoga Cards

Success Criteria Children can:

- start to keep their tummy strong when performing each pose.
- lie down and focus on their breathing.
- confidently complete all 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.

Warm Up

Children start the lesson by walking on the spot near their Yoga Mat / Space as the song "Animal Boogie" is played. Children recreate the actions of the song as part of their warmup — swinging like monkeys, stomping like elephants, or flapping like parrots. Encourage big movements, rhythm, and smiles as they move to the music.

EYFS Link: Physical Development – Coordination, gross motor control, and spatial awareness; Communication & Language – Listening and responding to musical cues; PSED – Confidence and enjoyment in physical activity.

Main Activity

ANIMAL STATUES: After the warmup, explain that the jungle animals have turned into statues! When the coach plays the drum or claps, children move freely around their space like jungle animals — creeping, crawling, hopping, or stomping. When the music stops, they must freeze like that animal statue and hold their balance. Encourage children to make strong shapes and still poses. Ask them, "Can you balance like a flamingo?" or "Can you make your body tall like a giraffe?" **PROGRESSION:** Add soft jungle sounds and ask children to move fast or slow like different animals — for example, slow elephants or speedy monkeys.

EYFS Link: Physical Development – Balance, coordination, and motor control; Communication & Language – Following multi-step instructions; Expressive Arts & Design – Using imagination and movement to represent ideas.

ANIMAL YOGA SAFARI: Children now sing the first verse of the song without the music. As they do, one child turns the 1st Yoga Card over. When the line "It's a ...", children then stop marching and complete the yoga pose. Spend time to talk about the pose and encourage the children to breathe in through their nose and out through their mouth. Repeat the pose a few times, so children have plenty of time to practise and hold each position. Start to sing "Animal Boogie" as the children begin to march on the spot again. Repeat the process for each remaining card (snake, lion, parrot, zebra, monkey, bird, giraffe, chimpanzee, cub & bee). Repeat again, allowing different children to turn the cards over.

EYFS Link: Physical Development – Strength, flexibility, and control; PSED – Self-expression, confidence, and focus; Understanding the World – Exploring and imitating animals through movement.

Adapted Learning (Differentiation) (Challenge)

SPACE

Give children space to move safely.

TASK

Start with short routines, then the full sequence.

EQUIPMENT

Yoga cards, calm music.

PEOPLE

Do poses on my own, then as a whole class.

Cooldown

After the last card is turned, children will find a space or yoga mat for the 'sloth' card. This will be the final pose of the lesson, encouraging children to rest, sit still, and focus on breathing slowly. Play "Rain Sound and Rainforest Animals Sound – Relaxing Sleep" on YouTube. Encourage children to imagine they're resting high in a quiet rainforest tree.

EYFS Link: Physical Development – Developing control, relaxation, and awareness of breathing; PSED – Managing feelings and developing calm focus; Understanding the World – Connecting with nature and mindfulness.