

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Unit name	Our Wonderful World Around us!	Pirates and Mermaids at Sea!	I am Super!	The Greatest Show!	Peaceful Warriors	Celebrating and Embracing You!	Our Place in the Natural World
Lesson One							
Warm-up	Practising Neat and Tidy Pose	Practising Neat and Tidy Pose	Practising Neat and Tidy Pose	Circus Neat and Tidy!	Practising Neat and Tidy Pose	Easy Pose	Easy Pose
Explore	Making Shapes	Sun Salutation	Sun Salutation	Sun Salutation	Sun Salutation	Sun Salutation	Concentrating Corners
Practise	Star Story	Sun Salutation Game	Sun Salutation Game	Dance and Freeze!	Dance and Freeze!	Concentrating Corners	Breathing Ball
Consolidate	Introducing a Sun Salutation	Journey into the Sea	Fly Like a Hero!	Acrobat Breath	Strength Breath	Resilience Breath	Sun Salutation
Relaxation	Our Little Friend	Under the Sea	Super Powers	Tense and Relax	Warm Glow	Body Scan	Cloud
Lesson Two							
Warm-up	Walking Through the Jungle	Shake it Off!	Super Neat and Tidy	Sun Salutation	Sun Salutation - advanced	I Can do this Breath	Creating a Mantra
Explore	Building on the Sun Salutation	Feel Good Sea Creatures	Superhero Poses	Feel Good Heart Openers	Warrior Flow	Resilience Brain Gym!	Mexican Wave
Practise	Sun Salutation Game	Mind the Shark!	Hero Hunt!	Bug Pickin Chimps	Courageous Warriors	Balance Flow	Courage Mountain
Consolidate	Jungle Animal Poses	Make a Pizza!	I Reach up to the Sky...	Strength Breath	You at Your Best	Gratitude Sun Salutation	Belly Breathing
Relaxation	Our Little Friend	Under the Sea	Super Powers	Tense and Relax	Warm Glow	Body Scan	Magic Carpet
Lesson Three							
Warm-up	I'm a Banana/Creating Sun Salutation	Tidal Waves!	I Reach up to the Sky...	Lion's Breath	Strength Squat - Copy Me!	Celebrating You Breath	Flowing Snake
Explore	Woodland Creatures	Pirate Sun Salutation	Musical Balances	The Lion Tamer!	Partner Poses	Brilliant Body Poses	Moving like a River Flow
Practise	Woodland Adventure	I can be a Pirate!	Concentrating Corners	Acrobat Poses	Stuck in the Sand	Brilliant Body Balances	Riding Down the River!
Consolidate	Make a Sandwich	Watch the Waves	Rainbow Breath	Mirror Mirror Flow	Back to Back Breathing	Synchronised Breath	Alternate Nostril breathing
Relaxation	Our Little Friend	Under the Sea	Super Powers	I Relax My...	Happy Place	Secret Smile	Mountain Relaxation
Lesson Four							
Warm-up	Amazing Animals Flow	Pass the Mermaid	Beetle Back	Tarzan Breath	Compassion Potion	Gratitude Sun Salutation	Energising Breath
Explore	Hibernating Animals	Yoga Aboard	Mexi-Go Wave	Paired Flow	Kindness Flow	Healthy, Happy Poses	Balancing Poses
Practise	Who's Hibernating?	Stuck in the Sand	Super Flow	Hoop Yoga Teams	Partner Trust Flow	Spin that Pose	Spin that Pose
Consolidate	5 Finger Breath	Sea Shell Breath	Tarzan Breath	Tense, Relax and Release	Loving Kindness Meditation	Feel Good Flow	Square Breath Flow
Relaxation	Our Little Friend	Under the Sea	Super Powers	I Relax My...	Happy Place	Secret Smile	Happy Place
Lesson Five							
Warm-up	Funny Animals	Yoga Surfing!	Football Yoga	Chalkboard Backs	Self Massage	Om Sounds Circle	Bhramari Breath
Explore	Musical Shapes	What's the Time Captain Pirate?	Power Element Poses	Circus Escape!	Yoga Exploration	Hand, Eye Flow	Desert Reflection
Practise	Hide the Treasure	Hide the Treasure	Power Elements Game	Musical Statues	Hide the Treasure	Yoga Flow	Surya Namaskar A
Consolidate	Breathe, Shoulders, Knees and Toes	Self Cuddles!	Laser Eyes Breath!	Where's My Breath?	Synchronised Breath	Self Massage	Japa Breathing
Relaxation	Our Little Friend	Under the Sea	Super Powers	Cloud Relaxation	Mountain	Tense and Relax	I Relax my...
Lesson Six							
Warm-up	5 Finger Breath	Sea Shell Breath	Pedal Laughing	Strong Salutation!	Om Sounds Circle	Rag Doll Flow	Surya Namaskar A
Explore	Hot Air Balloon Adventure	Under the Sea Traffic Lights	Superhero Poses - Brave & Focused!	Brilliant Balancing Patterns Poses	Side Shuffle Flow Poses!	Self Love Poses	Self Love Poses
Practise	Animal Senses	It's Great to be Me!	Stay Focused!	Brilliant Balancing Patterns!	Side Shuffle Flow!	Mindful Walking	Mindful Walking
Consolidate	Rabbit Breath	Pedal Laughing	Laser Eyes Breath!	Listening Game	Listening Game	Na, Ta, Sa - Knee, click chest!	Tapping
Relaxation	Our Little Friend	Under the Sea	Super Powers	Cloud Relaxation	Mountain	Tense and Relax	Warm Glow

