



This document shows the progression of knowledge (Know), skills (Show) and the development of a child's characteristics (Grow) each week throughout the unit.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Know	How to contribute key words to a theme related mind map How to translate words/ideas into theme related shapes, movements and actions	How to contribute key words to a theme related mind map How to translate words/ideas into theme related shapes, movements and action	That we need to look forwards to safely move around in space That we need to control our speed to ensure safety	How to turn what I see into ways of moving How to listen to other people's ideas and vocalise my own thoughts	How to turn what I read/hear into ways of moving How to link ideas and movements together so that they start to flow	How to use simple technical language to give constructive and useful feedback
Show	Use my body and create theme related shapes, movements and actions	Use my body to express simple theme related shapes, movements and feelings Show good listening skills	Travel safely and creatively in space Show different levels when I travel	Communicate effectively with a partner Use pictures to create shapes, movements and actions	Communicate effectively with a partner Use poems to create shapes, movements and actions	Remember and perform a simple sequence of movement Identify what good looks like and give feedback to help my partner improve
Grow	Grow in confidence by attempting new activities in PE	Students will understand how outside of PE being active can make them healthier and happier	Students will know why good posture and balance are important in everyday life	Grow in confidence by attempting new activities in PE	Students will understand how outside of PE being active can make them healthier and happier	Students will know why good posture and balance are important in everyday life