

Net and Wall Game Skills 2

Know, Show and Grow Progression

Year 1 / Year 2



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	To track the flight of the ball with my eyes	Which is the best technique to return a ball	That I have to get under the ball sufficiently to strike it upwards and over a net	How to form a ready position	That I need to move quickly, to get into good positions to return the ball	To try and get back to the centr of the court after each shot
Show	Send and receive a ball with some degree of accuracy	Strike a ball with some degree of accuracy	Send a ball with increasing accuracy	Develop a good grip and stance	Return a ball, after one bounce, that has been thrown to me by a partner	Strike a backhand from my own feed
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