

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	<p>Make decisions about when to run and when not to (Year 3 &amp; Year 4)</p>	<p>To position myself sideways-on when both striking and bowling (Year 3)</p> <p>How to grip a ball so that it comes out of my fingers smoothly when bowling (Year 4)</p>	<p>What a 'no-ball' is (Year 3)</p> <p>Why fielders might start off a base and then move to it after a strike (Year 4)</p>	<p>Which ground fielding technique to use at any given time (Year 3)</p> <p>What happens when I miss a rounders ball or hit behind me (Year 4)</p>	<p>To call my name if going for a high catch (Year 3)</p> <p>How to keep score (Year 4)</p>	<p>How to back up other fielders (Year 3 &amp; Year 4)</p>
Show	<p>Show determination and perseverance (Year 3)</p> <p>Run for a period of time, maintaining a good pace (Year 4)</p>	<p>Use both hands hands to bounce and catch (Year 3)</p> <p>Use both hands hands to bounce and catch whilst travelling (Year 4)</p>	<p>Travel using good control and pace (Year 3 &amp; Year 4)</p>	<p>Perform a variety of exercises demonstrating good technique (Year 3)</p> <p>Work with determination (Year 4)</p>	<p>Use both hands hands to bounce and catch (Year 3)</p> <p>Use both hands hands to bounce and catch whilst travelling (Year 4)</p>	<p>Travel using good control and pace (Year 3 &amp; Year 4)</p>
Grow	<p>Understand how distractions might impact performance in PE and beyond.</p>	<p>Explore emotions and how they might impact performance in PE and beyond.</p>	<p>Understand the importance of reflection in order to improve in PE and beyond.</p>	<p>Understand how distractions might impact performance in PE and beyond.</p>	<p>Explore emotions and how they might impact performance in PE and beyond.</p>	<p>Understand the importance of reflection in order to improve in PE and beyond.</p>