



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>How to control my running over middle distance (Year 5)</p> <p>How running a bend differs from running a straight (Year 6)</p>	<p>To get sideways on when throwing (Year 5)</p> <p>How to throw safely as part of a group (Year 5 &amp; Year 6)</p> <p>To use my non-throwing arm to help me throw (Year 6)</p>	<p>How to throw a shot using 'clean palm, dirty neck' technique (Year 5)</p> <p>How to generate power from the thighs (Year 6)</p>	<p>The technique 'same, different, both' for triple jump (Year 5)</p> <p>How to approach the bar from an arced run up when high jumping (Year 6)</p>	<p>My take-off foot and lead leg (Year 5)</p> <p>How to hurdle efficiently (Year 6)</p>	<p>How to position myself to receive a baton (Year 5 &amp; Year 6)</p>
Show	<p>Change pace and run at different tempos (Year 5)</p> <p>Sustain my pace over longer distances (Year 6)</p>	<p>Throw with accuracy and power using the pull technique (Year 5)</p> <p>Throw after a run up (Year 6)</p>	<p>Throw with greater control, accuracy and efficiency (Year 5)</p> <p>Throw with greater force and over longer distances (Year 6)</p>	<p>Perform correct techniques for triple jump, high jump and standing vertical jump (Year 5)</p> <p>Measure accurately my performance at standing vertical jumping (Year 6)</p>	<p>Combine sprinting with hurdling (Year 5 &amp; Year 6)</p>	<p>Transfer a relay baton efficiently as part of a team (Year 5 &amp; Year 6)</p>
Grow	<p>Be able to understand big targets and recognise benefits of setting big targets in PE and beyond.</p>	<p>Be able to understand resilience and recognise why it is important to be resilient in PE and beyond.</p>	<p>Understand what 'work ethic' is and recognise the benefits of having a good work ethic, linking back to motivation.</p>	<p>Be able to understand big targets and recognise benefits of setting big targets in PE and beyond.</p>	<p>Be able to understand resilience and recognise why it is important to be resilient in PE and beyond.</p>	<p>Understand what 'work ethic' is and recognise the benefits of having a good work ethic, linking back to motivation.</p>