



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 & 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 & Year 4)</p>
Show	<p>Send using good throwing technique (Year 3)</p> <p>Receive using good catching a technique (Year 4)</p>	<p>Develop basic bowling and batting skills (Year 3 & Year 4)</p>	<p>Develop my throwing skills (Year 3)</p> <p>Communicate with other players for the good of my team (Year 4)</p>	<p>Field the ball off the ground using a variety of techniques (Year 3 & Year 4)</p>	<p>Catch high balls comfortably (Year 3)</p> <p>Backpedal to catch balls over me (Year 4)</p>	<p>Perform well in a range of positions in a competitive game (Year 3 & Year 4)</p>
Grow	<p>Explore self-confidence in PE and what might impact it.</p>	<p>Have the opportunity to receive and act on feedback.</p>	<p>Understand the importance of self discipline in PE and beyond</p>	<p>Explore self-confidence in PE and what might impact it.</p>	<p>Have the opportunity to receive and act on feedback.</p>	<p>Understand the importance of self discipline in PE and beyond</p>