



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>To try and catch the ball in line with my nose (Year 5)</p> <p>How to grip the ball (Year 6)</p>	<p>To have a high back lift when batting (Year 5)</p> <p>What ground fielding techniques to use and can chose the right one for the circumstance (Year 6)</p>	<p>How to motivate and support my teammate in the field (Year 5)</p> <p>The rules of rounders (Year 6)</p>	<p>Rules when batting and running between bases (Year 5 & Year 6)</p>	<p>That fielders on 2nd, 3rd and 4th base can start deep and then come onto their bases as necessary (Year 5)</p> <p>The importance of great communication when playing rounders (Year 6)</p>	<p>That I should adjust my position in the field for certain batters (Year 5 & Year 6)</p>
Show	<p>Catch with soft hands (Year 5)</p> <p>Throw accurately into space (Year 6)</p>	<p>Bowl accurately at a consistent height (Year 5)</p> <p>Ground field consistently well (Year 6)</p>	<p>Catch and throw quickly from backstop (Year 5)</p> <p>Strike with some accuracy into a given area (Year 6)</p>	<p>Communicate with my fellow batters when between bases (Year 5)</p> <p>Back up fellow fielders in the outfield (Year 6)</p>	<p>Throw with real accuracy and under pressure (Year 5)</p> <p>Play a full game in a small group taking on different roles within the team (Year 6)</p>	<p>Adapt my game according to the direct opponent/situation (Year 5 & Year 6)</p>
Grow	<p>Explore the behaviours of a leader in PE and beyond.</p>	<p>Explore how leaders can motivate others in PE and beyond.</p>	<p>Understand the importance of reflection in order to improve as a leader in PE and beyond.</p>	<p>Explore the behaviours of a leader in PE and beyond.</p>	<p>Explore how leaders can motivate others in PE and beyond.</p>	<p>Understand the importance of reflection in order to improve as a leader in PE and beyond.</p>