

Invasion 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 keep my head up when dodging	To communicate with my teammates to block the attacker	To bend down using my knees and not by bending my back when playing a game to keep safe	When I have passed a ball to move into space to receive a pass	To move into space when I haven't got the ball to help my team	To look for a teammate in space before passing
Show	How to throw underarm to a partner	How to throw a ball underarm and catch with a partner	How to dodge when playing a game to receive the ball	A simple tactic in a game	Select a tactic in a game (i.e. pretend to throw one way but throw the other)	A simple tactic in a 3V1 game
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