



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	A range of balances and how to perform them with control	To recall my understanding of balances and transitions to form a sequence	How to jump and land safely	How to work safely in a group	How to move safely on apparatus	How to move safely on apparatus
Show	Demonstrate control and co-ordination, performing a range of actions independently and collaboratively	Create a paired sequence	Develop floor sequence to incorporate jumps	Develop a small group sequence	Develop group sequence on apparatus	Develop group sequence on apparatus
Grow	Explore the concept of perseverance and its' importance in and beyond Gymnastics.	Explore the concept of feedback and its importance in and beyond Gymnastics.	Explore the importance of positivity in Gymnastics and beyond.	Explore the concept of perseverance and its' importance in and beyond Gymnastics.	Explore the concept of feedback and its importance in and beyond Gymnastics.	Explore the importance of positivity in Gymnastics and beyond.