



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 signal with my hands when I want to receive a pass (Year 3)</p> <p>To move into space after passing (Year 4)</p>	<p>How to lose an opponent to get free (Year 3)</p> <p>If a player holds possession, they can take up to three steps before passing or shooting (Year 4)</p>	<p>To throw from the top of my jump and that shooting very low or very high is likely to be more successful (Year 3 & Year 4)</p>	<p>The rules of handball (Year 3)</p> <p>Why a goalkeeper comes off their line at times to force attackers to rush shots (Year 4)</p>	<p>I need to turn my body sideways when attacking and defending so that I can see the ball and my opponents (Year 3 & Year 4)</p>	<p>The importance of demonstrating team-working and sporting values (Year 3 & Year 4)</p>
Show	<p>Send using a javelin style pass accurately (Year 3)</p> <p>Catch a handball on the run (Year 4)</p>	<p>Pass and receive the ball on the move (Year 3)</p> <p>Pass quickly under pressure (Year 4)</p>	<p>Throw/shoot accurately using good overarm technique (Year 3 & Year 4)</p>	<p>Intercept passes (Year 3)</p> <p>Block a shot (Year 4)</p>	<p>Participate purposefully in a small-sided game (Year 3)</p> <p>Play to the rules of the game (Year 4)</p>	<p>Show a wide range of skills (Year 3)</p> <p>Play in a variety of positions with equal proficiency (Year 4)</p> <p>Keep control of my emotions while playing a tournament (Year 3 & Year 4)</p>
Grow	<p>Understand the term winning and how it might impact behaviour in PE and beyond.</p>	<p>Understand the term losing and how to behave when we lose in PE and beyond.</p>	<p>Understand the importance of attacking in sport and competition.</p>	<p>Understand the term winning and how it might impact behaviour in PE and beyond.</p>	<p>Understand the term losing and how to behave when we lose in PE and beyond.</p>	<p>Understand the importance of attacking in sport and competition.</p>