



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>How to start a sprint race (Year 3)</p> <p>The importance of keeping my first few metres low and powerful (Year 4)</p>	<p>Which my take-off foot is (Year 3)</p> <p>The technique associated with hurdling (Year 4)</p>	<p>That my furthest landing point backwards, in long jump and triple jump, is the point measured in competition (Year 3)</p> <p>To run in an arc and to approach the bar sideways on when high jumping (Year 4)</p> <p>That triple jump can be remembered by 'Same, different, both' (Year 3 &amp; Year 4)</p>	<p>To position my body sideways-on when throwing (Year 3)</p> <p>The 'pull' technique in throwing (Year 4)</p>	<p>How to remember the technique for triple jump (Year 3)</p> <p>How to receive and transfer a baton safely (Year 4)</p>	<p>How to measure my own and others' performances (Year 3)</p> <p>I can improve on personal bests (Year 4)</p>
Show	<p>Use the correct technique to start a sprint race (Year 3)</p> <p>Develop my coordination to improve my speed (Year 4)</p>	<p>Hurdle efficiently and consistently (Year 3)</p> <p>Sprint between hurdles (Year 4)</p>	<p>Develop the technique and consistency of my jumps (Year 3)</p> <p>Jump consistently off the same foot (Year 4)</p> <p>I can scissor kick (Year 3 &amp; Year 4)</p>	<p>Throw overarm accurately (Year 3)</p> <p>Throw overarm with power, for distance (Year 4)</p>	<p>Accurately replicate the technique for running, jumping and throwing events (Year 3)</p> <p>Run a relay efficiently as part of a team (Year 4)</p>	<p>Replicate the techniques for running, jumping and throwing events in competitive situations (Year 3)</p> <p>Challenge myself to beat previous performances (Year 4)</p>
Grow	<p>Understand how regular exercise can improve physical health.</p>	<p>Understand how exercise and movement can positively effect mental health.</p>	<p>Understand that movement and exercise can provide social opportunities and benefits.</p>	<p>Understand how regular exercise can improve physical health.</p>	<p>Understand how exercise and movement can positively effect mental health.</p>	<p>Understand that movement and exercise can provide social opportunities and benefits.</p>