



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>Which type of passing technique to use depending on the distance I am sending the ball (Year 3)</p> <p>To pass within 4 seconds of receiving the ball (Year 4)</p>	<p>How to stand in a good position to receive a ball (Year 3)</p> <p>How to track an opponent (Year 4)</p>	<p>The importance of quick passing and varying my passing (Year 3)</p> <p>That I need to pass in front of my teammates so they can run on to the ball (Year 4)</p>	<p>The correct technique for shooting (Year 3)</p> <p>Rules which apply to attackers and defenders when shooting (Year 4)</p>	<p>The footwork rule (Year 3)</p> <p>How to support the player in possession to ensure safe passes are made (Year 4)</p>	<p>More of the rules of netball and recognise how to apply them (Year 3 & Year 4)</p>
Show	<p>Send a netball accurately in a variety of ways (Year 3)</p> <p>Pass under pressure (Year 4)</p>	<p>Pass a netball quickly to bypass a defender and/or use feinting or 'giving the eyes' (Year 3)</p> <p>Defend individually and/or as part of a team (Year 4)</p>	<p>Attack by being fluid in my positioning, using the width and passing quickly (Year 3)</p> <p>Get free from opponents by feinting (Year 4)</p>	<p>Shoot using good technique (Year 3)</p> <p>Position myself to take rebounds from the post (Year 4)</p>	<p>Pivot having landed in possession of the ball (Year 3)</p> <p>Play a game of Bee Flier Netball, abiding by the rules (Year 4)</p>	<p>Track an opponent on court (Year 3)</p> <p>Demonstrate the School Games values of passion, self-belief, respect, honesty, determination and teamwork (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>