

# Striking and Fielding 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 | Where to strike a ball in a game to then get the most runs | To listen carefully to instructions and focus on the task                                   | To throw / strike into space to help score more runs                           | Why I should strike the ball into space               | Where to strike the ball to get the maximum runs  | When to stop running in a game so I am not run out                             |
| Show | To strike a ball off a tee                                 | How to strike a ball off a cricket tee  | How to throw overarm to a teammate   | How to strike a ball into space                       | How to bowl a ball underarm   | How to use simple tactics in different games                                   |
| 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 |