



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	What a good position of readiness looks like	To use my arms to help power me forward when jumping	How to stand to throw overarm	How to start a race	Which parts of my body are really important when jumping high	To draw my body back by lifting my front leg to generate more power
Show	Share space and run with my head up	Jump, 1 foot to 2 feet and 2 feet to 2 feet	Throw accurately	Run efficiently and within a lane	Jump for height	Throw with good technique
Grow	Grow by being safe, being active and having fun in PE	Grow by improving active listening skills	Grow by communicating to solve simple problems	Grow by being safe, being active and having fun in PE	Grow by improving active listening skills	Grow by communicating to solve simple problems