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	How to contribute key words to a theme-related mind map (Year 5) How to translate words/ideas into actions and combine together (Year 6)	How to translate theme- related actions into creative travelling movements (Year 5 & Year 6)	How to translate images into actions to communicate meaning (Year 5 & Year 6)	How to use chance choreography to create a sequence (Year 5 & Year 6)	How to listen to other people's ideas and vocalise my own thoughts (Year 5) How to use canon, formation changes, direction and level to improve our ideas (Year 6)	How to recognise good timing, execution and performance skills (Year 5 & Year 6)
Show	Develop a motif demonstrating some agility, balance, coordination and precision (Year 5 & Year 6)	Creatively change static actions into travelling movements (Year 5) Show different levels, pathways and directions when I travel (Year 6)	Communicate effectively with a partner (Year 5 & Year 6)	Communicate effectively within a group (Year 5 & Year 6)	Communicate effectively within a group (Year 5) Improve our ideas (Year 6)	Evaluate the work of other's using simple technical language (Year 5 & Year 6)
Grow	Explore the concept of a growth mindset and its' importance in and beyond	Explore the concept of a fixed mindset and its' importance in and beyond	Explore the concept of failure and how we can cope with it in and beyond	Explore the concept of a growth mindset and its' importance in and beyond	Explore the concept of a fixed mindset and its' importance in and beyond	Explore the concept of failure and how we can cope with it in and beyond

