

Striking and Fielding Game Skills 1

Know, Show and Grow Progression

Reception / Year 1



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 grip different objects when throwing	To stand sideways with opposite foot forward to throwing arm	How the speed of my action affects how far the object travels	How to handle equipment to strike objects	How you work as a team will affect the outcome of the game	How using different tactics can produce different outcomes
Show	How to throw an object overarm	How to throw overarm at a target	To roll a ball for my partner to chase and receive a thrown ball	To strike a ball from a tee	Simple tactics when striking and fielding	Using different tactics in different games
Grow	Grow by demonstrating ways of being safe	Grow by showing creativity and understanding how to be creative in PE	Grow by working together in a team	Grow by demonstrating ways of being safe	Grow by showing creativity and understanding how to be creative in PE	Grow by working together in a team