



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>How to grip a racket (Year 5)</p> <p>To keep the racket head below waist height when striking a serve (Year 6)</p>	<p>Where to stand and how to position my body to serve (Year 5)</p> <p>Why it is important to serve in different ways (Year 6)</p>	<p>To move into the ready position quickly (Year 5)</p> <p>To vary my serve (Year 6)</p>	<p>I need to move my opponent around the court (Year 5)</p> <p>To target my opponent's weaknesses (Year 6)</p>	<p>The variety of different shots that are open to me (Year 5)</p> <p>When to play certain shots (Year 6)</p>	<p>How to keep score (Year 5)</p> <p>How to umpire (Year 6)</p>
Show	<p>Assume a position of readiness (Year 5)</p> <p>Hit a forehand (Year 6)</p>	<p>Perform a forehand and backhand serve (Year 5)</p> <p>Serve with accuracy (Year 6)</p>	<p>Move quickly to be in a position to consistently return a shuttle (Year 5)</p> <p>I can serve long and short (Year 6)</p>	<p>Demonstrate a split step and understand its use (Year 5)</p> <p>Play deft shots (Year 6)</p> <p>Chasse in to the net to retrieve shots (Year 5 & Year 6)</p>	<p>Smash (Year 5)</p> <p>Perform different shots consistently and with accuracy (Year 6)</p> <p>Drop shot (Year 5 & Year 6)</p>	<p>Compete in an intra-school badminton tournament (Year 5 & Year 6)</p> <p>Demonstrate the School Games values (Year 5 & Year 6)</p>
Grow	<p>Consider how positivity connects with resilience in PE and beyond.</p>	<p>Understand how making little improvements can lead to better performance in PE and beyond.</p>	<p>Consider how learning from others can support learning in PE and beyond.</p>	<p>Consider how positivity connects with resilience in PE and beyond.</p>	<p>Understand how making little improvements can lead to better performance in PE and beyond.</p>	<p>Consider how learning from others can support learning in PE and beyond.</p>