

Invasion 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	To stretch after warming up	To use more power when throwing at a target	How distance can affect your accuracy	Tactics can help you win games	To concentrate to be part of a team	How to apply a simple tactic
Show	How to throw underarm with some accuracy	How to throw underarm at and through targets	How to throw underarm with some accuracy at a target at an angle	A simple tactic that can be used in a game	A simple tactic in a game to outwit the defender	How to roll a ball with accuracy
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