



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 use the process of elimination to work out symbols I don't know (Year 3 & Year 4)	I have to communicate well and negotiate to solve problems in a group (Year 3) To persevere and try again when things don't go immediately to plan (Year 4)	My compass points (Year 3) How to navigate around an area following directions (Year 4)	The importance of listening to others and communicating well (Year 3 & Year 4)	How to orientate a map and find clues (Year 3 & Year 4)	How to take turns and use equipment safely (Year 3) How to use an iPad to take photographs (Year 4)
Show	Work as part of a team (Year 3) Show enthusiasm, determination and resilience (Year 4)	Work together in a small group to solve problems (Year 3) Compete under pressure (Year 4)	Negotiate with my group (Year 3) Plan a route map (Year 4)	Work with others to solve problems (Year 3) Follow the rules of an activity (Year 4)	Identify areas of the school grounds using a map (Year 3) Run and think simultaneously to compete in a competition (Year 4)	Identify where a number of controls are situated around the school grounds via photographic clues (Year 3) Take photographs of interesting places around the school site (Year 4)
Grow	Understand what heart rate is and the changes that occur during and after exercise.	Recognise changes in breathing rate, during and after exercise.	Consider why body temperature changes when physically active.	Understand what heart rate is and the changes that occur during and after exercise.	Recognise changes in breathing rate, during and after exercise.	Consider why body temperature changes when physically active.