

Athletics 2

Know, Show and Grow Progression

Reception / Year 1 / Year 2



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 retain my focus The importance of a good start	To cushion my knees when landing The technique for different types of jump	How to improve my technique to increase the height and distance of my jumps The difference between a leap and a jump	How to increase the distance of my jumps Why is it important to warm up	How to keep others safe when I am throwing How to increase the distance	How to share equipment and take turns To demonstrate the school games values
Show	Show a sense of anticipation to begin work React quickly	Jump in a variety of ways Coordinate a run with a jump	Discover and develop different styles of jumping Leap, jump and hop	Jump in a variety of ways competently Add a short run up to my jump	Throw with good technique Throw with a run up	Help a peer improve their performance with good feedback Demonstrate a variety of athletic techniques competently
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