



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 ball and the importance of carrying it in 2 hands</p> <p>Know when to pop pass and when to pocket pass</p>	<p>What position I need to get into when passing left and how it changes when I pass to my right (Year 5)</p> <p>How to 'roll' my hands when changing position and making catches (Year 6)</p>	<p>What a knock on and forward pass are (Year 5)</p> <p>To close the space when defending and be wary of the dummy pass (Year 6)</p>	<p>To run on to the ball at pace (Year 5)</p> <p>What offside is (Year 6)</p>	<p>To organise attacking lines in a staggered formation either side of the ball (Year 5)</p> <p>That each team has a limited number of tackles before possession of the ball changes to the other team (Year 6)</p>	<p>That we can operate as a team with a full back (Year 5)</p> <p>That when we get the ball in the centre of the pitch near our opponent's line we stretch their defence (Year 6)</p> <p>When the referee might play advantage and when they won't (Year 5 & Year 6)</p>
Show	<p>Pop pass and pocket pass</p> <p>Tag someone safely</p> <p>What constitutes a try and what doesn't</p>	<p>Pass well to my left and right (Year 5)</p> <p>Send and receive a ball on the run and under pressure (Year 6)</p>	<p>Pass a rugby ball backwards consistently (Year 5)</p> <p>Dummy a pass (Year 6)</p> <p>Pass accurately (Year 5 & Year 6)</p>	<p>Pass missing out players in a line (Year 5)</p> <p>Take a tap penalty with a dummy half (Year 6)</p>	<p>Attack in staggered lines (Year 5)</p> <p>Organise my position so that I receive passes on the run (Year 6)</p>	<p>Apply skills effectively (Year 5)</p> <p>Develop game understanding and compete in a game of Tag Rugby (Year 6)</p>
Grow	<p>Develop teamwork skills whilst working with others.</p>	<p>Explore honesty and its importance within PE and beyond.</p>	<p>Explore inclusion and what it looks like in PE and beyond.</p>	<p>Develop teamwork skills whilst working with others.</p>	<p>Explore honesty and its importance within PE and beyond.</p>	<p>Explore inclusion and what it looks like in PE and beyond.</p>