



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>What the 'ready position' is (Year 5)</p> <p>What the baseline is (Year 6)</p>	<p>To have a big backswing from a sideways-on position (Year 5)</p> <p>To strike balls away from my opponent (Year 6)</p>	<p>To change my grip slightly to hit backhand shots (Year 5)</p> <p>To play deft shots with a loose grip (Year 6)</p>	<p>How to deflect the ball when volleying (Year 5)</p> <p>How we hit a backhand differently from a forehand (Year 6)</p>	<p>How to link shots, e.g. serve and volley (Year 5 &amp; Year 6)</p>	<p>The rules of tennis (Year 5)</p> <p>How to score (Year 6)</p>
Show	<p>Get into the 'ready position' (Year 5)</p> <p>Grip a racket and get into sideways positions to strike the ball (Year 6)</p>	<p>Hit a forehand shot, consistently (Year 5)</p> <p>Control where I hit the ball (Year 6)</p>	<p>Get into a good position and play backhand shots with some consistency (Year 5)</p> <p>I can play deft shots near the net within a small area (Year 6)</p>	<p>Volley accurately on my forehand (Year 5)</p> <p>Volley accurately on my backhand (Year 6)</p>	<p>Serve (Year 5)</p> <p>Smash &amp; Lob (Year 6)</p>	<p>Use some tactics against an opponent (Year 5)</p> <p>Play a competitive game using a range of ground strokes (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>