



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	The five basic balances and how to perform them safely	How to construct an effective sequence	How to collaborate effectively to keep myself and my partner safe	The meaning of transition and how it can be used effectively	How to move on apparatus safely	How to use apparatus safely
Show	Demonstrate control and co-ordination and perform a range of actions independently and collaboratively	Demonstrate control and co-ordination and perform a range of actions independently and collaboratively	Create a paired floor sequence and smooth transitions between balances	Create a paired floor sequence and smooth transitions between balances	Adapt sequences on basic apparatus and use jumps	Review basic apparatus and jumps and refine a sequence
Grow	Understand why thinking creatively is important in PE and beyond.	Appreciate the importance of trying out different ideas.	Understand how creativity might improve outcomes in PE and beyond.	Understand why thinking creatively is important in PE and beyond.	Appreciate the importance of trying out different ideas.	Understand how creativity might improve outcomes in PE and beyond.